

VOLUNTEERS NEEDED

We need volunteers who:

Can communicate with older people,
are reliable and trustworthy, and
are sensitive to the needs of older people.

If you are able to spend an hour or two a week
assisting older people, please contact us.

Phone: (08) 8241 0266

Email: volunteers@macasa.org.au

Għandna bzonn voluntieri li:

Jafu jmorru mal-Maltin anzjani,
Huma familjari mal-kultura Maltija,
Tista torbot fuqhom, u
Huma sensittivi għall-bzonnijiet
tal-anzjani.

Jekk int tista tagħti xi siegħa jew tnejn fil-gimgha
biex tgħin lill-Maltin anzjani agħmel kuntatt
magħna.

Email: volunteers@macasa.org.au

Telefon: 8241 0266

A 'Frozen Meals' pickup or delivery
can be arranged by phoning 8241 0266.

MACASA is situated in the
Cheltenham Community Centre
62 Stroud Street North,
Cheltenham, 5014

MACASA's Meals Service is:

"Funded by the Australian Government
Department of Health.
Visit the Department of Health
website (www.health.gov.au)
for more information"

*"Although funding for this service has been provided by the
Australian Government, the material contained herein
does not necessarily represent the views or policies
of the Australian Government."*



**Government of
South Australia**

For more information or to register for
our services contact:

MACASA

Phone: (08) 8241 0266

Mobile: 0412 014 313

Email: meals@macasa.org.au

PO Box 6004, Alberton SA 5014
62 Stroud Street North, Cheltenham.
South Australia



MACASA
Meals Service

Homestyle meals
for the Maltese
& the wider Community

**Hot and Frozen Meals
Home Delivered**

www.macasa.org.au

Phone: (08) 8241 0266

MEALS – Sample Menu only

Monday

Sweet Potato Soup or Savoury Muffin
Chicken and Veg Pasta with Rose Sauce or Apple
Coleslaw
Sago with Plum Sauce

Tuesday

Pumkin Soup or Sweet Potato Slice
Roast Turkey & Veg or Tuna Mornay
Fruit Salad

Wednesday

Pea & Ham Soup or Sausage Rolls
Beef Sausages & Veg or Turkey Carbonara Pasta
Fruit Fool

Thursday

Mushroom Soup or Tossed Salad w Egg & Cheese
Baked Chicken Breast with Veg or Baked Macaroni
Cherry Cake

Friday

Sweet Potato Soup or Pasty Slice
Crumbed Fish w Veg/Salad or Ham Steak & Pineapple
& Salad/Veg
Pear & Chocolate Mousse

Most meals are served with at least two (2) in
season vegetables.

Meals are suitable for diabetics.
Vegetarian meals can be provided.

Pick up or home-delivered
(Geographical boundaries apply)

MACASA Meals Service

MACASA provides these services by
engaging volunteers who are
familiar with a variety of cultures.

Meals are available at members pricing to those
who meet funding criteria and are available on a
short term or an on-going basis for:-
Older people who require support
to live at home (*assessed by My Aged Care*)
and younger people with disabilities .

Members Prices:

Soup \$3.00
Main \$7.00
Dessert \$3.00

All 3 courses \$11.00

Non Members Prices:

Soup \$4.00
Main \$9.00
Dessert \$4.00

All 3 courses \$17.00

Meals are available either fresh or frozen

*If you have a home care package
we can work with your package administrator
to provide you with our meals.*

For more information on all
MACASA's services,
visit our website:
www.macasa.org.au

MACASA

It-Tnejn

Soppa Primavera
Tigiega casserole jew spaghetti biz-zalsa
Frott frisk imqatta

It-Tlieta

Soppa tal-tigieg
Schnitzel tac-Canga jew hut fil-forn
Frott fool

L-Erbgha

Soppa tat-tigieg bl-ghagin
Stuffat tat-Canga jew Pulpetti tat-tigieg
Crumble tat-tuffieħ

Il-Hamis

Soppa Lentil
Pulpetti tal-majjal jew qarabali mimli
Jelly u frott

Il-Gimgha

Soppa Primavera
Crumbed hut
Torta tal-lumija meringue

MACASA also provides an Information and
Referral for other services for Maltese clients.

Nipprovdu riferimenti għall servizzi ohra.

Ph: 8241 0266