

## Adelaide Food Services

**Phone:** 8297 1233 (General Enquires)

**Web:** [www.adelaidefoodservice.com.au](http://www.adelaidefoodservice.com.au)

**Area:** Adelaide metropolitan area including Gawler and the Adelaide Hills.

**Cost:** From \$12.00 per main course. Soups & desserts also available. Minimum order \$60.

Delivery fee \$8 (metro area).

**Service:** Individual frozen meals.

**Delivery:** Available for delivery (weekly, fortnightly or monthly). Day of delivery depends on location.

Pick up from 508 Cross Road, Glandore also an option.

**Conditions:** Self referrals or by health professional accepted.

## Meals on Wheels

**Phone:** 8271 8700

**Web:** <http://www.mealsonwheelssa.org.au>

**Area:** Adelaide metropolitan area and some rural areas.

**Cost:** Regular price \$15.00 per 3 course meal, subsidised to \$9.75 for over 65s who are known to My Aged Care

**Service:** 3 course meal including soup, main course and dessert.

**Delivery:** Hot meals delivered daily Monday – Friday between 11.15am – 1:00pm. Frozen meals available for weekends or public holidays by request.

**Conditions:** Self referrals or by health professional accepted. Once referred an assessment takes place.

All payments occur via direct debit.

## Greek Meals Service

**Phone:** 8212 5100

**Web:** [www.greekwelfare.org.au](http://www.greekwelfare.org.au)

**Area:** Adelaide metropolitan area.

**Cost:** \$9.00 per 2 course meal or \$11.00 per 3 course meal (have to be known to My Aged Care)

**Service:** 2 or 3 course meal, including soup/ salad, main and dessert. 4 week rotating menu.

**Delivery:** Hot meals delivered daily Monday-Friday between 10.30am – 12.30pm.

Frozen/ cold meals on request to cater for weekends or public holidays. No delivery on public holidays.

**Conditions:** Self referrals or by health professional accepted.

## Maltese Meals Service

**Phone:** 8241 0266

**Web:** [www.malteseagedcare.org.au](http://www.malteseagedcare.org.au)

**Area:** Delivery area limited to north-western suburbs of Metropolitan Adelaide.

**Cost:** Regular price \$17.00 per 3 course meal, subsidised to \$11.00 for over 65s who are known to My Aged Care

**Service:** 3 course meal including soup, main and dessert. 4 week rotating menu. Also able to purchase soups/ mains/ desserts separately.

**Delivery:** Hot meals delivered daily Monday-Friday. Frozen meals on request to cater for weekends or public holidays. Frozen meals also available for pick-up from facility at Cheltenham.

**Conditions:** Self referrals or by health professional accepted. Assessment required. Service is aimed at people with a Maltese background.

## Nonna's Cucina

**Phone:** 8240 3491

**Web:** <https://www.nonnascucina.com.au>

**Area:** Many suburbs across Adelaide metropolitan area. Phone or check website to find out if they deliver to your area.

**Cost:** \$17.50 per 3 course meal, subsidised to \$16 for over 65s who are known to My Aged Care

**Service:** 3 course meal, including soup, main course and dessert. 8 week rotating menu.

**Delivery:** Hot meals delivered daily Monday to Friday between 11am - 1pm. No delivery on public holidays. Frozen meals available for weekends or public holidays by request. Many of the volunteer staff are Italian speaking.

**Conditions:** Self referrals or by health professional accepted. Service is aimed at people with an Italian background.

## Mary-Ann's Kitchen

**Phone:** 8362 3777

**Web:** [www.maryannskitchen.com.au](http://www.maryannskitchen.com.au)

**Area:** Mainly northern and eastern suburbs. Phone or visit website to find out if they can deliver to your area.

**Cost:** \$14 per 2 course meal (\$70/ 5 day week)

**Service:** 2 course meal including 1 main course and a choice of soup or dessert or fruit salad. 4 week rotating menu. Weekend menu also available at an additional cost.

**Delivery:** Hot meals delivered daily Monday to Friday between 10:30am - 1:00pm, excluding Public Holidays.

**Conditions:** Request fresh weekend meals by Wednesday for delivery on Friday. Self referrals or by health professional accepted. 5 day per week service (surcharge applies for less).

## Lite N' Easy

**Phone:** 13 15 12

**Web:** <http://www.liteneasy.com.au>

**Area:** Adelaide metropolitan area, Mt Barker, Gawler, Victor Harbor.

**Cost:** Prices vary depending on selected package. Minimum order \$50.00.

**Delivery:** Day of delivery depends on suburb and occur weekly, fortnightly, or monthly. First delivery incurs a small esky handling fee. Some areas incur ongoing delivery charges.

**Conditions:** Self referrals or by health professional accepted.

## Uniting Communities

**Phone:** 08 8202 5803

**Web:** <https://www.unitingcommunities.org/meal-delivery/>

**Area:** Adelaide metropolitan area.

**Cost:** Can be incorporated into a HCP or CHSP and includes a contribution of \$6 per day. Private payment arrangements can also be made.

**Service:** Lunch, dinner, dessert menu items. Provision of three day supply of meals.

**Delivery:** Available twice a week.

**Conditions:** Self referrals.

## Polish Meals Program

**Phone:** 08 8447 6976

**Web:** <https://polishfederation.org.au/seniors-support/polish-meals-program/?lang=en>

**Area:** Adelaide metropolitan area

**Cost:** Can be incorporated into a HCP and includes a contribution of \$8 per day. Private payment arrangements can also be made.

**Service:** Daily hot meal. Seasonal menu.

**Delivery:** Delivered between 1000-1400 M-F.

**Conditions:** Self referrals. Service is aimed at people with a Polish background.

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The prices listed are correct at July 2020. Please check with individual companies for current prices.

For more information

### Occupational Therapy

**RAH**

**Telephone: 87074 4000**

**TQEH**

**Telephone: 8222 7044**

**Hampstead Rehabilitation Centre**

**Telephone: 8222 1674**

[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)



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# Adelaide Meal Services

Occupational Therapy



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