

Community Meal Services

The following companies provide meal services with delivery or pick up options.

Please note this is not a complete list and you may find there are other companies who provide suitable meal services.

Meal service	Areas	Options	Delivery	Notes
Adelaide Food Service Phone: 8297 1233 Fax: 8297 0211 www.adelaidefoodservice.com.au	Metropolitan Adelaide, Adelaide hills and Gawler region	Variety of fresh and frozen meals	Home delivery or pick up	Soup \$5.25, main course \$13, dessert \$6.25*
Antonio's Quality Meats Phone: 0434 056 208 www.tonysmeals.com.au	Metropolitan Adelaide	Variety of meals including Italian meals and Gluten free options	Home delivery	Main course \$8-10*
The Good Meal Co Phone: 1800 155 855 goodmeal.com.au	Contact to find out if available in your area		Home Delivery	
Greek Meal Service (Greek Welfare Centre) Phone: 8212 5100 www.greekwelfare.org.au/	Metropolitan Adelaide	Fresh and frozen Greek style meals. Special diets available on request	Home delivery	My Aged Care referral required. 3 course meal \$11*
Jack Young Seniors Centre 1 Orange Ave, Salisbury SA Phone: 8406 8525 Email: has@salisbury.sa.gov.au	Salisbury	Variety of fresh and frozen meals	Home delivery or pick up	Main course \$8-9, dessert \$3*
Lite n' Easy Phone: 13 15 12 www.liteneasy.com.au	Contact to find out if available in your area	Variety of meals. Energy controlled options available	Home delivery	Main meal \$11*
Polish Meal Service Phone: 8447 6976 or 0400 739 996 www.polishfederation.org.au	Contact to find out if available in your area	Polish style meals	Home delivery	Referral required



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MACASA - Maltese Meals & Community Service Phone: 8241 0266 Mobile: 0412 014 313 www.malteseagedcare.org.au	West and north western suburbs	Maltese style meals	Home delivery or pick-up	Referral required. 65 years or older. Soup \$4, main course \$9, dessert \$4*
MaryAnn's Kitchen Phone/Fax: 8362 3777 www.maryannskitchen.com.au	East and north eastern suburbs	Variety of meals. Special diets including modified texture, gluten free options available	Home delivery	Soup \$2, main course \$12, dessert \$2*
Meals on Wheels Free Call: 1800 854 453 Fax: (08) 8271 8101 www.mealsonwheelssa.org.au	SA	Special diets including gluten free, modified texture, low potassium and allergies can be provided with support letter from clinician	Home delivery	Referral required. 3 course meal \$15 (full cost), \$9.75 (over 65 years), individual costings for NDIS patients*
Nonna's Cucina Phone: 8240 3491 www.nonnascucina.com.au	Metropolitan Adelaide	Italian style meals. Special diets including modified texture, gluten free, vegetarian available	Home delivery	3 course meal \$17.50*. Reduced rates for clients with My Aged Care packages

*Approximate prices as of April 2020



Central Adelaide Local Health Network

Nutrition & Dietetics

Other meal options:

- Contact your local council's community centre, as many serve hot lunches with table service for a small fee.
- Many supermarkets have ready to heat and eat meals in the frozen and refrigerated sections.
- Many supermarkets offer home delivery services.

For more information

Central Adelaide Local Health Network
Nutrition & Dietetics

Royal Adelaide Hospital
Telephone: (08) 7074 4000

Hampstead Rehabilitation Centre
Telephone: (08) 8222 1721

The Queen Elizabeth Hospital
Telephone: (08) 8222 6734



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