



May-June 2020

What's not to love about Campbelltown

Have you noticed the installation of new plantings on the corner of Oxley Street and The Parkway. This is the beginning of the new Billa-bong Parklands project.

Plans for the new project include a range of recreational water play facilities over a four hectare site. This project included consultation through a family fun event held at Apex Park, Bradbury. This assisted Council staff and residents to talk about the project.

A survey was provided for feedback and these ideas were used to develop the final design.

The key elements will include:

- A series of rock pools with streams between
- A lagoon that will be up to 1.5m deep
- A Zero-depth water play area with a range of interactive water elements
- All inspired by the rapids, waterfalls and rock pools of the Dharawal National Park

Keep watching the space for changes as this project will commence June 2020 and take approximately two years to complete.

This will be a great concept when completed and a fun place for all the family to gather and enjoy once we are all back to some normality.

CORONAVIRUS

All of the team here at

Campbelltown Meals on Wheels

would like to thank all our clients for their patience and understanding during this difficult time

We would also like to thank Campbelltown City Council for supporting us with a mobile freezer room and much needed Rangers to assist with the delivery of food.

As you can imagine we have been very busy so again thank you for being patient with us. We will continue to give you the service you require and hope the little extras of fruit, toilet paper and Easter eggs has brightened your day.



More
than just
a meal

Tanya's Kitchen Update

Thanks for getting the survey regarding new meals back to us. We have added some to the new menu which you will find attached. If you would like to add these into your menu please give us a call.



New meals:	Discontinued:
<ul style="list-style-type: none"> • Beef Bourguignon with creamy mash • Fair dinkum meat pie • Lamb Schnitzel • New soups now come with a bread roll • Full English Breakfast now on board 	<ul style="list-style-type: none"> • 3 Cheese Omelette discontinued • Tempura fish bites discontinued.

*****TANYA'S TOP CHOICES*****

CHICKEN CHOW MEIN MAIN MEAL



VEGETABLE QUICHE MAIN MEAL



BEEF BOURGUIGNON MAIN MEAL



***** CHANGES TO YOUR DELIVERY *****

Due to the Coronavirus you would have received our notice regarding changes to delivery. If you could put a chair or table outside your door for our drivers to place your meals on. They will knock on the door, step back, and wait for you to answer. Please count your meals to check they are right, we no longer need you to sign for them, just give the driver the "thumbs up" and they will mark the sheet for you. Please then either pay by EFTPOS or cash or ring the office to pay over the phone by credit card. Thanks for your assistance with these changes during Covid-19, we appreciate it.

Sponsor of the Month



A massive Thank You to
Boost Juice, Macarthur Square for
their donation during Covid-19

Staying Safe During Covid-19

During self-isolation life can get difficult so the following ideas may be something you can look at doing:

- Remember, you can continue to exercise during Covid-19. If you don't want to walk down the street and back then walk around your garden and up and down your drive. Keeping fit is important during this time.
- If you want to ensure your neighbours are OK do the curtain or blind system. When you get up in the morning open your curtains or raise the blinds, that way your neighbour knows your OK and they can do the same so you know they are OK.
- Why not go back to letter writing and drop a letter into your neighbours letter box and let them know what you have been up to and swap a recipe or idea with them.
- If you can use a computer, Smartphone or iPad then why not keep in touch with family and friends by doing Facetime or video calling. This way you get to see the grandkids and your family "face to face".
- Make sure you have your flu jab. Ring your doctor and let them know you need the jab, some doctors will come to your home to give you the needle especially if you are over 65.
- Some doctors are also doing repeat prescriptions over the phone and informing your designated Chemist so you do not need to go into the surgery.
- Swap a jigsaw puzzle with your neighbour, remember you don't need to see them they can leave it on your doorstep.
- Ring a friend and have a good natter and catch up with all the gossip.
- Talk to your neighbour over the fence.
- Eat healthily, remember to also drink lots of water to keep your fluids up. Eating fruit is also a healthy way to get your vitamins.
- Catch up on all the reading you were going to do but never got around to doing.
- Sort out your old photos and if you can, scan them onto your computer for keepsake.



**STAY SAFE,
TAKE CARE
AND
DON'T FORGET TO HAVE
YOUR FLU JAB**

Thank You

We have been very busy here at Campbelltown Meals on Wheels and would like to thank the following for their support:

- Boost Juice Macarthur Square for their donation of fruit and veg
- Dorothy for helping us with the Channel 9 promotion, film star in the making
- TDK Max from Marketfair Campbelltown for their donation of Easter Eggs
- Eschol Park Public School for their donation of Easter Eggs
- Campbelltown Rangers for supporting us with deliveries
- We would also like to thank all our volunteers who due to the Coronavirus isolation, cannot do deliveries for us at this time. I know that you miss them all and they will be back as soon as possible



Marilyn's Quiz Corner

D H O B S H N E P T U N E Y
U E J I H U N Y S T H A O R
D N A U U E E E M A E N W A
W N A I P L U T O N A O D H
A G H P L I Z O O E R U S U
R D E I H C T M N W T N S H
F H Y H O P B E O Q H I U E
R A C O E A A R R T E O A E
U S A T U R N C P L A N E T
R T A E H F T U E U L E E E
I E U C U F A R O V C E I O
A R F A I R A Y A O E I R H
T O A I N I A B E A R N A E
O I A T E O E N A A E H U A
E D I D D O E D U T S E T S
E S Z E E H O P H S L U M S

VENUS
EARTH
MARS
CERES
ASTEROIDS
JUPITER
SATURN
NEPTUNE
URANUS
PLUTO
DWARF
PLANET
MOON



0¹2

Just for Fun

0¹2

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9



							1	
					2			3
			4					
						5		
4		1	6					
		7	1					
	5					2		
				8			4	
	3		9	1				



91 Queen Street, Campbelltown NSW 2560

P.O. Box 685, Campbelltown NSW 2560

Phone: 4645 4523

Please Indicate, ALL Meal Preferences by marking tick box

Client Name _____

Run Number _____

Beef - Main Meals - 360g	Tick Box	Office Use Only
BBQ Marinated Beef Stir Fry with Rice		RK
Beef & Potato Hot Pot		F
Beef & Vegetable Stir Fry		UP
Beef Bourguignon with Creamy Mash		GFC
Beef Goulash		UP
Beef Lasagne		S
Beef Stroganoff with Macaroni		UP
Beef, Bean and Potato Bake		F
Braised Steak & Onion Gravy		S
Cottage Pie & Vegetables		S
Curried Sausages & Vegetables		S
Fair Dinkum Meat Pie		GFC
Meatballs & Pasta		F
Meatloaf with Vegetables		S
Rissole, Vegetables & Gravy		S
Roast Beef, Vegetables & Gravy		S
Sausage, Mash, Vegetables & Gravy		S
Savoury Mince & Vegetables		S
Silverside, Vegetables & Parsley sauce		S
Spaghetti Bolognese		F
Steak & Kidney Pie		S
Steak & Mushroom Pie		UP
Steak Diane & Vegetables		S
Veal Schnitzel & Gravy		F
Chicken - Meals - 360g	Tick Box	Office Use Only
Apricot Chicken & Vegetables		S
BBQ Chicken Cutlets		UP
Butter Chicken & Vegetables		UP
Chick a La King		UP
Chicken & Mushroom Pie		F
Chicken Casserole		S
Chicken Chow Mein		F
Chicken Sausages & Vegetables		UP
Chinese Chicken & Vegetables		S
Curried Chicken Mild & Vegetables		S
Honey Soy Chicken & Rice		RK
Lemon Chicken & Vegetables		F
Lemon Chicken Schnitzel & Vegetables		S
Roast Chicken, Vegetables & Gravy		S
Roast Turkey, Vegetables & Gravy		S
Satay Chicken with Vegetable Rice		S

Delivery Day /s _____

Quantities _____

Start Date: _____

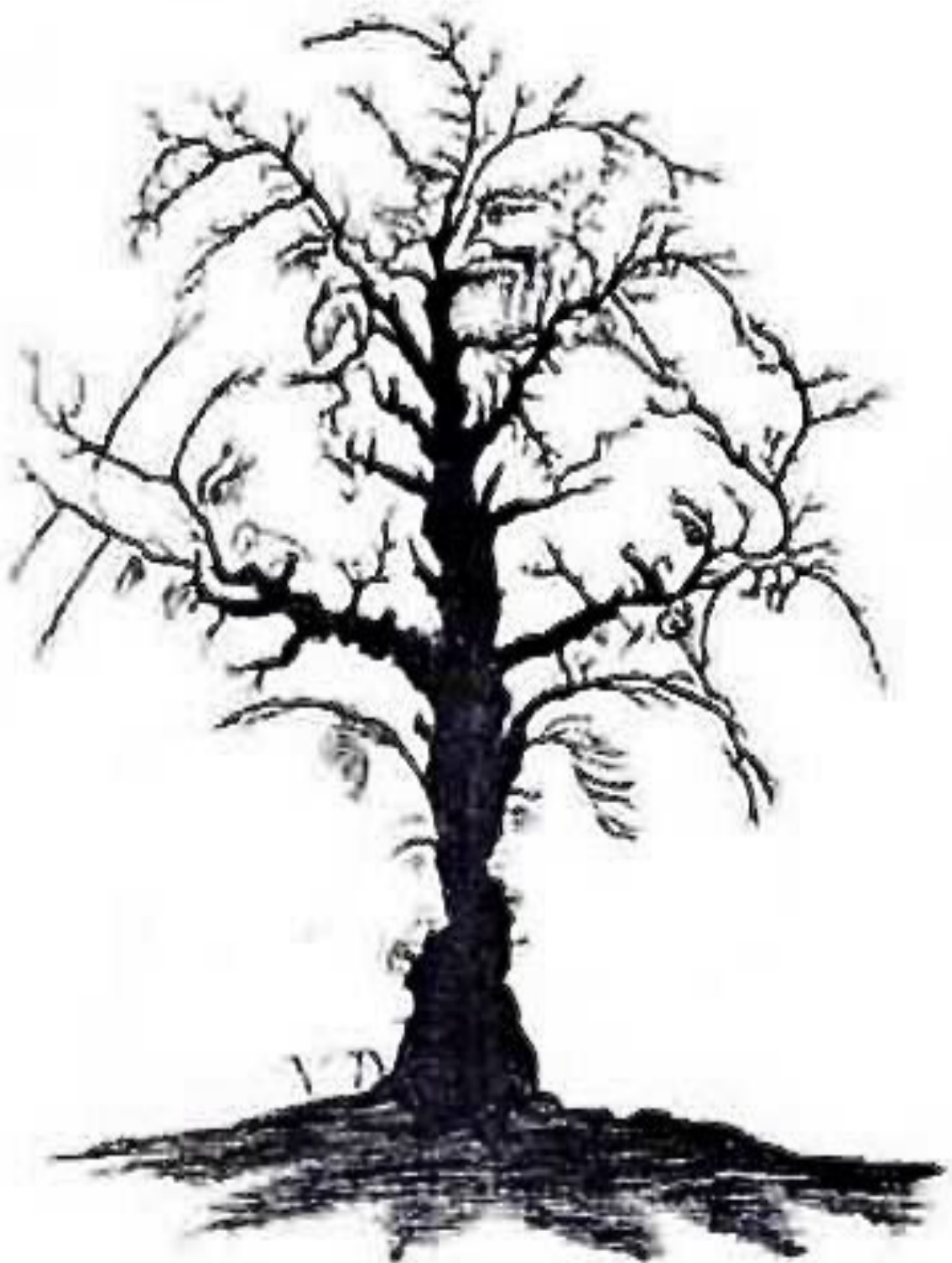
Lamb - Meals - 360g	Tick Box	Office Use Only
Irish Lamb Stew		F
Lamb & Cauliflower Casserole		F
Lamb & Rosemary Pie		MCS
Lamb Schnitzel		GFC
Lamb, Potato & Mushroom Pie		UP
Lamb's Fry, Bacon & Gravy		S
Mild Lamb Curry & Vegetables		F
Roast Lamb, Vegetables & Gravy		F
Shepherds Pie & Vegetables		F
Pork - Meals - 360g	Tick Box	Office Use Only
Bacon & Potato Slice		F
Honey Pork & Pineapple Casserole		S
Macaroni Ham & Cheese		UP
Pork Schnitzel with Mushroom Sauce		UP
Pork Meatball with Creamy Mushroom Sauce		F
Roast Pork, Vegetables & Gravy		S
Smothered Pork in Apple Sauce		S
Sweet & Sour Pork		S
Seafood - Meals - 360g -	Tick Box	Office Use Only
Cheesy Tuna Bake		S
Crumbed Fish & Wedges		GFC
Crumbed Fish & Potato Bake		S
Curried Prawns, Rice & Vegetables		RK
Salmon Patties & Vegetables		S
Smoked Cod & Parsley Sauce		S
Steamed Fish & Lemon Sauce		S
Tempura Fish Bites, Chips & Vegetables		S
Tuna Patties with Sweet Chilli Sauce		F
Vegetarian - Meals - 360g	Tick Box	Office Use Only
Pumpkin & Spinach Frittata		S
Spinach & Ricotta Cannelloni		UP
Vegetable Pasta Bake		S
Vegetable Patties		S
Vegetable Quiche		S
Vegetable Stir Fry		UP
Zucchini & Corn Fritter		UP
Premium Meal Range	Tick Box	Office Use Only
Braised Lamb with Fruit Chutney & Steamed Potato		MY
Grilled Barramundi Fillet with Ginger, Lime & Shallot Butter on Rice		MY
Pan Grilled Chicken Breast, with Grain Mustard Cream Sauce		MY
Honey Curry Chicken with Steamed Rice		MY
Quiche with Bacon, Spinach & Cheese with Seasonal Vegetables		MY
Pulled Pork with Potato Gratin & Seasonal Vegetable		MY
Lamb Shanks with Mashed Potato & Seasonal Vegetables		MY

Beef - Mini Meals - 220g	Tick Box	Office Use
Beef Lasagne		S
Beef & Vegetable Stir Fry		S
Braised Steak & Onion Gravy		S
Cottage Pie & Vegetables		S
Curried Sausages & Vegetables		S
Meatloaf, Vegetables & Gravy		S
Rissole, Vegetables & Gravy		S
Roast Beef, Vegetables & Gravy		S
Sausage, Mash, Vegetables & Gravy		S
Savoury Mince & Vegetables		S
Silverside, Vegetables & Parsley Sauce		S
Spaghetti Bolognese		S
Steak & Kidney Pie		S
Steak & Mushroom Pie & Vegetables		MCS
Chicken - Mini Meals - 220g	Tick Box	Office Use Only
Apricot Chicken & Vegetables		S
Butter Chicken with Steamed Rice		MY
Chicken & Cheese Pie		MCS
Chicken Casserole & Vegetables		S
Creamy Chicken & Bacon with Penne Pasta		S
Chicken Parmigiana		MCS
Chinese Chicken & Vegetables		S
Honey Curry Chicken		MY
Lemon Chicken Schnitzel		S
Mild Chicken Curry & Vegetables		S
Roast Chicken, Vegetables & Gravy		S
Roast Turkey, Vegetables & Gravy		S
Lamb - Mini Meals - 220g	Tick Box	Office Use
Lamb & Rosemary Pie		MCS
French Lamb Casserole		MCS
Lambs Fry, Bacon & Gravy		S
Lamb & Mint Risssoles with Gravy		MCS
Roast Lamb, Vegetables & Gravy		MY
Shepherd's Pie & Vegetables		MY
Seafood - Mini Meals - 220g	Tick Box	Office Use Only
Cheesy Tuna Bake		S
Crumbed Fish & Potato Bake		S
Crumbed Whiting with Diced potatoes		MCS
Curried Prawns with Steamed Rice		MY
Salmon Patties & Vegetables		S
Steamed Fish & Lemon Sauce		S
Pork - Mini Meals - 220g	Tick Box	Office Use
Honey Pork & Pineapple Casserole		S
Roast Pork , Gravy & Vegetables		S
Smothered Pork in Apple Sauce		S
Sweet & Sour Pork & Rice		S
Vegetarian - Mini Meals - 220g	Tick Box	Office Use Only
Macaroni Cheese		MCS
Vegetable Patties		S
Vegetable Quiche		S

Desserts - 120g	Tick Box	Office Use
Apple Pie & Cream		S
Apple Rhubarb Brown Betty & Custard		S
Apple, Sultana Crumble with Custard		MCS
Apricot Crumble & Custard		S
Banana Pudding & Caramel Sauce		MY
Black Forest Cheesecake		MCS
Bread & Butter Pudding		MCS
Butterscotch, Sultana Pudding & Custard		MCS
Chocolate Mousse & Cream		MY
Chocolate Mud Cake & Custard		MCS
Chocolate Steamed Pudding & Custard		S
Creamy Rice		MY
Creamy Rice with a Fruit Puree		MCS
Frozen Fruit / Compote		MCS
Fruit Salad & Cream		S
Fruit Trifle & Cream		S
Golden Syrup Dumpling		MY
Jelly & Peaches with Custard		MCS
Lemon Pudding & Custard		MCS
Pavlova		MY
Peach Pie & Custard		MCS
Sticky Date with Caramel Sauce		MCS
Tiramisu		MCS
Vanilla Pancotta & Mixed Berries		S
Breakfast Range	Tick Box	Office Use
Full English Breakfast (Bacon, Eggs, Sausage, Baked Beans & Mushrooms)		GFC
Bacon & Egg Toastie		JLS
Ham & Cheese Toastie		JLS
Breggie Bites Pack of 4 25gr each 2 x Smoked ham & cheese, 2 x creamy fetta, spinach & capsicum		PFO
Snack Packs - 200g	Tick Box	Office Use
Chicken Lasagne		JLS
Fried Rice		R/K
Macaroni Cheese		JLS
Potato Bake		R/K
Spaghetti Bolognese		JLS
Soups - 220g	Tick Box	Office Use Only
Pumpkin		LP
Chicken & Vegetable		LP
Beef & Vegetable		LP
Pea & Ham		LP
Sandwiches	Tick Box	Office Use
Chicken, Cheese & Mayo		JLS
Egg & Chives on Rye		JLS
Ham, Cheese & Pickle		JLS
Roast Beef, Cheese & Relish		JLS
Juice - 250ml	Tick Box	Office Use
Apple		A
Apple & Blackcurrant		A
Orange		A

Competition

HOW MANY FACES CAN YOU SEE?



PRIZE IS A TWO COURSE DINNER—MAIN AND DESSERT

How many faces can you find? Please write your answer and send this back with the driver by 22/05/2020 and we will draw the winner on the 26/05/2020

NAME..... ANSWER.....



Don't forget to ring!

Please ring and cancel your meal delivery if you are going away or don't require them on specific days.

We would appreciate 48 hrs notice for any changes to your meals or delivery.

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www.campbelltownmealsonwheels.org.au

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**More
than just
a meal**