

LARRAKIA
NATION

Meals on Wheels

Fresh from our kitchen to your door

Daily delivery Monday - Friday
Weekend packs available

Phone

8985 6811



Sample of Tasty Meal Options

Weekly Roast Lamb, Beef or Pork
Chicken Curry
Thai Beef Noodles
Lasagne & Salad
Quiche & Salad
Bangers & Mash
Spaghetti Bolognaise
Chicken & Vegetable Vermicelli
Pork Ribs & Bok Choi with Rice

Meals come with a juice and fresh fruit daily and a desert twice per week.

Optional Weekend Ration Packs Available.

Costs:

Individual Meals are \$8.50
Daily meal + Ration Pack \$50
per week

Payment Options:

Electronic Funds Transfer
EFTPOS
(Bank or Basics Card accepted)
Automatic Centre Pay
Deductions



Australian Government

Department of Social Services

Larrakia Nation is funded through the Department of Health & Ageing to provide meals on wheels to people who are 50 years and over and 65 years and older for non-Aboriginal People and who are frail and need assistance to maintain a healthy diet.