

Can't decide  
what to eat or  
too tired to cook?

We firmly believe that easy  
access to nutritious food is  
important for people who  
want to lead a healthy life.

Our service is designed to make  
it easier for seniors, people with a  
disability and their carers to eat well.

The meals we provide are specially  
designed to provide one third of your  
recommended daily nutritional needs.

### We deliver to:

- Bondi
- North Bondi
- Bondi Beach
- Bondi Junction
- Bronte
- Dover Heights
- Queens Park
- Rose Bay
- Tamarama
- Vaucluse
- and Waverley.



For more information  
about delivery options and food  
prices, or to find out if you are eligible  
for this service, please contact us...

PHONE **9386 7977**

EMAIL **mow@waverley.nsw.gov.au**

ADDRESS **Level 2, Mill Hill Centre  
31-33 Spring Street  
Bondi Junction**

We can also connect you with other  
useful services in the Waverley area  
including:

- Waverley Community & Seniors Centre
- ECHO Neighbourhood Centre
- Kosher Meals on Wheels
- Waverley Home Library Service
- Randwick Waverley Community Transport



# Food First

Waverley  
home-delivered meals

*A Meals on Wheels initiative*



**Food First's tasty home-delivered  
meals are prepared fresh every day by  
licensed catering professionals.**

Our friendly staff and volunteers will  
deliver meals to your door from Monday  
to Friday between 10am and 12noon.

**For more information about this  
service, please call 9386 7977.**



## Chilled daily meals

### Too tired or busy to cook?

Here is a sample of some of the chilled ready-to-eat meals we can deliver fresh to your door every weekday between 10am and 12noon. Simply heat and eat:

- Chicken and spinach casserole
- Mushroom risotto
- Beef and kidney pie
- Vegetable curry
- Pork and apple rissole with gravy
- Lamb with pimento sauce.

*“To all the staff and willing volunteers who have made our lives so much easier over the past year... with wholesome food and happy smiles. Thank you so much”*

BONDI BEACH RESIDENT



## Frozen pre-prepared meals

### Planning on going away or just don't want to think about meals for a while?

Our frozen meals can be delivered to you once a week on a day that you choose. Simply pop them in the freezer and then defrost, heat and eat when you are ready.

There are over 20 meal choices including:

- Beef stroganoff
- Roast lamb or pork
- Grilled sausages
- Beef and bacon casserole
- Chicken schnitzel
- Curried chicken
- Crumbed fish

*“Thank you so much for all your wonderful service and kindness over the year.”*

BRONTE RESIDENT



## Food First home-delivery shopping service

### Can't get to the shops? Need bread, milk or groceries?

Food First also provides a home-delivery shopping service for all eligible customers and their carers.

Our staff will collect your shopping list and place an internet order for you with Coles Online, who will deliver the groceries direct to your door.

For more information about this service, please call Food First on **9386 7977**.

*“Thank you one and all... how lucky we are to have such good help at home.”*

BONDI RESIDENT

