



# Newsletter

Sept—October 2019

## What's not to love about

The Campbelltown Theatre commenced life as the Temperance Hall, built by James Bocking and his Sons in 1862. It was purchased in 1884 for £800 for use as a Town Hall. The hall could seat 400 people and was lit by kerosene lamps. A fire station was built next door in 1891 and taken over by Council for the Clerk's Office. The Board of Fire Commissioners threatened court action but in 1909 it accepted £75 from Council for the premises. The Façade of the fire station and town hall is decorated in solid late Victorian style, and this is the main character of these buildings. These two buildings now appear as one and are located at 297 Queen Street, Campbelltown.



**Campbelltown Meals on Wheels**  
*Serving the Community since 1972*

**Campbelltown Meals on Wheels**  
**Annual General Meeting**

Members of the community are invited to attend the Annual General Meeting of Campbelltown Meals on Wheels to be held on:

**Wednesday 9th October 2019**  
**Campbelltown Council Civic Hall 11:00 am**

**Call: 4645 4523 for more information**



**Labour Day**  
Monday, October 7th 2019

**Public Holiday Closure**


All meal deliveries for that day will be delivered on Friday, 4th October 2019

*Please advise the office if you wish to discuss this*


**\*\*\*\*\* SURVEYS \*\*\*\*\***

A big thank you to everyone who has completed and returned the survey.

If you haven't done yours yet it's not too late, just complete the form and send it back with the delivery driver.



We take on board all your comments and feedback as it assists us to improve the service we offer to you.



# Menu Changes

## New Meals on the Menu



New meals coming on board over the next couple of months include:

BBQ Chicken Cutlets

Chicken a La King

Chicken Sausages

Beef Goulash

Pork Schnitzel with Mushroom Sauce

Vegetable Stir Fry

Lamb & Potato Hot Pot

Zucchini & Corn Fritter



Chicken a La King comes with Broccoli, Pumpkin and Mashed Potato



Beef Goulash comes with Broccoli, Pumpkin and Rice

If you are interested in putting these on your list then please complete the attached Menu with your new choices and give back to the driver on your next delivery. If you have special dietary needs then please ring in and we will send you out the appropriate menu for you.

## How the drought is affecting Meals on Wheels

Unfortunately, due to circumstances beyond our control some meals are in short supply or have been discontinued. Meals on Wheels apologises if you do not receive some of your meal choices during the drought. We will replace meals from your menu choice to ensure you have the right quantity. If you need to change the choice please ring in and let us know.

## Sponsor of the Month



A massive Thank You to Fully Promoted Macarthur for your ongoing support to Campbelltown Meals on Wheels.



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P P.O. Box 685, Campbelltown NSW 2560

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More  
than just  
a meal



# Around Town



## Café Connect Campbelltown

Café Connect is a new project for the over 55's. All Cafés run between 10am and 1pm. There are lots of activities of which most are free.

Tuesday, September 24th they will be meeting at the Botanical Gardens Mount Annan for a Sensory Walk for People with Dementia. Why not go along as a group and enjoy a morning out.

Phone 4645 4000 for more information or go to: [www.campbelltown.nsw.gov.au/cafeconnect](http://www.campbelltown.nsw.gov.au/cafeconnect)



## Fishers Ghost Festival 2nd to 11th November

Each November, the legendary Festival of Fisher's Ghost comes alive in Campbelltown. The festival is steeped in history, dating back to 1956. It is named after Australia's most famous ghost, Frederick Fisher.

Held over 10 days, the festival features the spectacular Street Parade, the prestigious Fisher's Ghost Art Award, annual Fisher's Ghost Fun Run, a street fair, craft exhibition, open days, and a giant carnival with fireworks.

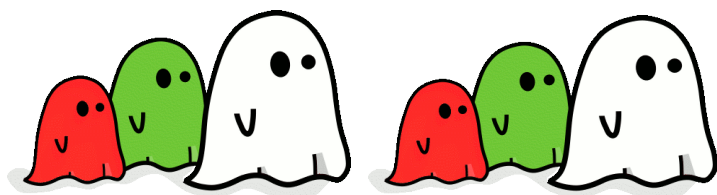
Enjoy the many events and celebrate the legend with them and watch out for Ghosts!!!!

**Come and see us at our promotional stall at**

**FISHERS GHOST STREET FAIR**

**Saturday, 9th November 2019**

**10.00 am—2.00 pm**



## PROMOTIONS

Watch out for our promotion table at

Campbelltown Marketfair

4 Tindall St, Campbelltown NSW 2560

on

Thursday 12th September 2019

9.00 a.m.—2.00 p.m.

Come and say hello to the Volunteers or introduce a friend who would like to know more about our service

# News For You

## RSPCA - Home Ever After program



This is a great initiative through the RSPCA. Your pets are cherished family members and it is important to safeguard their future should something happen to you.

Family and friends are always the best option, but for some that option is not available. That's where the RSPCA can help.

The Home Ever After program is a trusted, tailor made re-homing plan for your beloved pet, should you ever need

it. If you would like to know more visit the RSPCA website or ring 02 9770 7555 for more information



## CHARTER OF AGED CARE RIGHTS



**Australian Government**

You will have recently received The Charter of Aged Care Rights form to sign. This has been sent out due to the changes that have taken place within Aged Care.

It explains your rights and to make sure that all services you access are involving you in making your choices of care and decision making. You have the option to sign or not, but we do need the form returned regardless for our files.

Thank you to everyone who has taken the time to sign and already returned their form.

## LET US KNOW!!



Campbelltown Meals on Wheels are required to keep your information up to date. We will be sending forms out to some clients over the next few months, or you can help us by ringing the office with your changes.

- Changed your phone number
- Changed your emergency contact name or phone number
- Moved house
- Changed Doctors
- Have received your Aged Care Number

Help us to keep our information up to date.

# Just for Fun



## Vacation



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

ANNIVERSARY	FEAST	OUTING	RESTAURANT
BEACH	FESTIVAL	PAMPER	RETREAT
BISTRO	HAVEN	PARK	SANCTUARY
BREAK	HIDEAWAY	PARTY	SAND
BROADWAY	HIKING	PEAK	SEASHORE
CAFÉ	HOLIDAY	PERFORMANCE	SHELTER
CELEBRATION	HOTEL	PLAY	SHORELINE
COAST	INN	POND	TOUR
CONCERT	JOURNEY	POOL	TRIP
ESCAPE	LODGE	REFUGE	VACATION
EXCURSION	MOUNTAINS	RESORT	VOYAGE
EXPEDITION	MUSEUM	REST	

### Some "Commandments of Growing Old":

- ◆ You still haven't learnt to act your age, and hope you never will !!!
- ◆ Lately, you have noticed people your age are so much older than you!!!
- ◆ The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it!!!"
- ◆ When you were a child, you thought nap time was punishment. Now it feels like a mini vacation!!!



**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.**

**91 Queen Street, Campbelltown NSW 2560**

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

**[www.facebook.com/mowcampbelltown](https://www.facebook.com/mowcampbelltown)**

**ABN 23856 257 867**



**More  
than just  
a meal**





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	<input type="checkbox"/>	RK
Beef & Potato Hot Pot	<input type="checkbox"/>	F
Beef & Vegetable Stir Fry	<input type="checkbox"/>	B
Beef Goulash	<input type="checkbox"/>	L/P
Beef Lasagne	<input type="checkbox"/>	B
Beef Stroganoff with Macaroni	<input type="checkbox"/>	MY
Braised Steak & Onion Gravy	<input type="checkbox"/>	B
Cottage Pie & Vegetables	<input type="checkbox"/>	B
Curried Sausages & Vegetables	<input type="checkbox"/>	B
Meatloaf with Vegetables	<input type="checkbox"/>	B
Rissole, Vegetables & Gravy	<input type="checkbox"/>	B
Roast Beef, Vegetables & Gravy	<input type="checkbox"/>	B
Sausage, Mash, Vegetables & Gravy	<input type="checkbox"/>	B
Savoury Mince & Vegetables	<input type="checkbox"/>	B
Silverside, Vegetables & Parsley sauce	<input type="checkbox"/>	B
Spaghetti Bolognese	<input type="checkbox"/>	F
Steak & Kidney Pie	<input type="checkbox"/>	B
Steak & Mushroom Pie	<input type="checkbox"/>	L/P
Steak Diane & Vegetables	<input type="checkbox"/>	B
Veal Schnitzel & Gravy	<input type="checkbox"/>	F

**Chicken - Meals - 360g** Tick Box  Office Use Only

Apricot Chicken & Vegetables	<input type="checkbox"/>	B
BBQ Chicken Cutlets	<input type="checkbox"/>	L/P
Butter Chicken & Vegetables	<input type="checkbox"/>	L/P
Chick a La King	<input type="checkbox"/>	L/P
Chicken & Mushroom Pie	<input type="checkbox"/>	F
Chicken Casserole	<input type="checkbox"/>	B
Chicken Chow Mein	<input type="checkbox"/>	F
Chicken Sausages	<input type="checkbox"/>	L/P
Chinese Chicken & Vegetables	<input type="checkbox"/>	B
Curried Chicken Mild & Vegetables	<input type="checkbox"/>	B
Honey Soy Chicken & Rice	<input type="checkbox"/>	RK
Lemon Chicken & Vegetables	<input type="checkbox"/>	F
Lemon Chicken Schnitzel & Vegetables	<input type="checkbox"/>	B
Roast Chicken, Vegetables & Gravy	<input type="checkbox"/>	B
Roast Turkey, Vegetables & Gravy	<input type="checkbox"/>	B
Satay Chicken with Vegetable Rice	<input type="checkbox"/>	L/P

**Delivery Day /s**

**Quantities**

**Start Date:**

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

<b>Beef - Mini Meals - 220g</b>	Tick Box	Office Use
Beef Lasagne		B
Beef Stir Fry		B
Braised Steak & Onion Gravy		B
Cottage Pie & Vegetables		B
Curried Sausages & Vegetables		B
Meatloaf, Vegetables & Gravy		B
Rissole, Vegetables & Gravy		B
Roast Beef, Vegetables & Gravy		B
Sausage, Mash, Vegetables & Gravy		B
Savoury Mince & Vegetables		B
Silverside, Vegetables & Parsley Sauce		B
Spaghetti Bolognese		B
Steak & Kidney Pie		B
Steak & Mushroom Pie & Vegetables		MCS
<b>Chicken - Mini Meals - 220g</b>	Tick Box	Office Use Only
Apricot Chicken & Vegetables		B
Butter Chicken with Steamed Rice		MY
Chicken & Cheese Pie		MCS
Chicken Casserole & Vegetables		B
Chicken Fettuccini & Vegetables		B
Chicken Parmigiana		MSC
Chinese Chicken & Vegetables		B
Honey Curry Chicken		MY
Lemon Chicken Schnitzel		B
Mild Chicken Curry & Vegetables		B
Roast Chicken, Vegetables & Gravy		B
Roast Turkey, Vegetables & Gravy		B
Satay Chicken		B
<b>Lamb - Mini Meals - 220g</b>	Tick Box	Office Use
Lamb & Rosemary Pie		MCS
Lamb Casserole		B
Lambs Fry, Bacon & Gravy		B
Lancashire Hot Pot		B
Roast Lamb, Vegetables & Gravy		B
Shepherd's Pie		MY
<b>Seafood - Mini Meals - 220g</b>	Tick Box	Office Use
Cheesy Tuna Bake		B
Crumbed Fish & Potato Bake		B
Crumbed Whiting with Diced potatoes		MCS
Curried Prawns with Steamed Rice		MY
Salmon Patties		B
Smoked Cod With Parsley Sauce		B
Steamed Fish & Lemon Sauce		B
<b>Pork - Mini Meals - 220g</b>	Tick Box	Office Use
Honey Pork & Pineapple Casserole		B
Roast Pork , Gravy & Vegetables		B
Smothered Pork in Apple Sauce		B
Sweet & Sour Pork		B
<b>Vegetarian - Mini Meals - 220g</b>	Tick Box	Office Use Only
Macaroni Cheese		MCS
Pumpkin & Spinach Frittata		B
Spinach & Ricotta Cannelloni		B
Vegetable Patties		B
Vegetable Quiche		B

<b>Desserts - 120g</b>	Tick Box	Office Use
Apple Pie & Cream		B
Apple Rhubarb Brown Betty & Custard		B
Apple, Sultana Crumble with Custard		MCS
Apricot Crumble & Custard		B
Banana Pudding & Caramel Sauce		MY
Black Forest Cheesecake		MCS
Bread & Butter Pudding		MCS
Butterscotch, Sultana Pudding & Custard		B
Chocolate Mousse & Cream		MY
Chocolate Mud Cake & Cream		MY
Chocolate Mud Cake & Custard		MCS
Chocolate Steamed Pudding & Custard		B
Creamy Rice		MY
Creamy Rice with a Fruit Puree		MCS
Frozen Fruit / Compote		MCS
Fruit Salad & Cream		B
Fruit Trifle & Cream		B
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		B
<b>Omelette - 140g</b>	Tick Box	Office Use
Three Cheeses & Black Pepper Omelette		N
Breggie Bites Pack of 4 25gr each 2 x Smoked ham & cheese, 2 x creamy fetta, spinach & capsicum		PFD
<b>Snack Packs - 200g</b>	Tick Box	Office Use
Chicken Lasagne		PFD
Fried Rice		R/K
Macaroni Cheese		PFD
Potato Bake		R/K
Spaghetti Bolognese		PFD
<b>Soups - 220g</b>	Tick Box	Office Use Only
Pumpkin		MY
Chicken & Vegetable		MY
Beef & Vegetable		MY
Pea & Ham		MY
<b>Sandwiches</b>	Tick Box	Office Use
Chicken & Cheese		PFD
Egg & Chives on Rye		PFD
Ham & Cheese		PFD
Roast Beef, Cheese & Onion		PFD
Silverside Cheese & Pickles		PFD
<b>Juice - 250ml</b>	Tick Box	Office Use
Apple		A
Apple & Blackcurrant		A
Orange		A