



Meals on Wheels™
Bundaberg & District

July
2025

Monthly Newsletter

From the Managers Desk

We're continuing to grow and improve here at Bundaberg & District Meals on Wheels, and with that comes a few changes we'd like to share.

Our volunteer and clients may notice a few changes in the coming weeks, starting with a new look for our run sheets and meal labels. These updates are part of our ongoing efforts to improve our systems. To assist with the transition, we'll be arranging volunteer training sessions to help everyone become familiar with the new format — stay tuned for details.

Clients will also notice a change in the format of their invoices. If there are any problems understanding any of the new documents, please reach out to staff.

A gentle reminder to all clients, if you need to make a change to your menu plan or delivery details, please contact the office directly. For everyone's safety and to avoid confusion, we ask that messages not be passed through volunteer drivers. Our team is always here to help and happy to make any updates needed.

Kitchen outputs have increased by 24% since December, with demand rising steadily across all meal categories. We're incredibly proud of our kitchen team for meeting this growth head-on and as our service continues to grow, so too does our need for more helping hands.

With over 800 clients now receiving support from Bundaberg Meals on Wheels, we have a growing need for more volunteers to help us keep pace. Whether you can spare a few hours a week or more, every bit of support makes a real difference. If you or someone you know would like to get involved, please don't hesitate to reach out — we'd love to welcome you to the team.

Lastly, a huge thank you to everyone who helped make our recent Volunteer Appreciation Day such a success. It was wonderful to come together and celebrate the incredible people who keep our service rolling.

Volunteers — don't forget to drop your ideas into the suggestion box. Your feedback helps us continue to grow stronger, together.

Warm regards,

Jessica Greenaway

Business Manager
Bundaberg & District Meals on
Wheels Inc.

In this newsletter you can expect:

From the
Managers Desk

In the New

Client and
Volunteer
Updates

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Need to make changes?

Deliveries for
Monday- Ring
us by 8:00am
Monday
morning.

Deliveries for
Tuesday to
Friday - Ring us
by 3:00pm the
day before.

Any changes
made outside
these times will
not take effect
until the
following day
due to meal
preparation in
our kitchen.

Thanking Meals volunteers

Bundaberg & District Meals on Wheels held its annual Volunteer Appreciation Day on Thursday 17 July, recognising the invaluable contributions of the volunteers who keep the wheels turning for over 800 local clients.

Held at the service's Eastgate Street premises, the event was a heartfelt celebration of the many individuals who give their time and care to ensure community members receive not just meals, but connection, compassion, and support.

Business manager Jessica Greenaway said for Bundaberg Meals on Wheels, having an afternoon like this means everything.

"Our volunteers are the heart of what we do — they're the friendly faces delivering not just meals, but care, connection, and compassion to over 800 clients across the Bundaberg region," she said.

"Being able to pause and show our appreciation in a dedicated way is incredibly important. It's a chance to recognise the time, energy, and kindness our volunteers give so generously, often without any expectation of recognition.

"This event is about saying a heartfelt thank you — for the early mornings, the hot days, the warm smiles, and the countless small acts that make a big difference in people's lives. It's also about building community among our volunteers and showing them just how valued they truly are."

Guests were treated to a sit-down lunch, raffles, and speeches acknowledging the 100 plus volunteers who contribute across the kitchen, garden, delivery runs, administration, and behind the scenes.

More than \$5,000 worth of prizes were donated by local businesses, ensuring every volunteer left with a gift or voucher from the Bundaberg business community.

In her welcome speech, business manager Jessica Greenaway praised the dedication and spirit of the team.

"You're the hands that cook, the wheels that deliver, the smiles at the door, and the ears that listen.

"You are the everyday heroes who turn a meal into a moment of connection and remind someone that they are not alone.

"This past year has been one of the busiest we've ever seen we have welcomed more clients than ever before and now support over 800 individuals — from 1770 to Elliott Heads and everywhere in between.

"An amazing feat for an organisation that has been serving the Bundaberg community for nearly 60 years... and none of it would be possible without our volunteers.

"Whether you're behind the wheel, at the chopping board, on the phones, or in the garden... your time and commitment mean the world to us."

Two outstanding individuals were named 2025 Volunteers of the Year:

Ben Rietveld — described as "one of those people every organisation dreams of having" — dependable, cheerful, and always the first to offer help. Each week, Ben checks in to see what more he can do. His calm approach and initiative have made a significant impact on both the team and the clients.

Maria Achurch — recognised for her remarkable dedication, leaving home at 4am and driving over 30km each morning to volunteer. Known for her warmth, humour, and willingness to pitch in wherever needed, Maria brings energy, joy, and reliability to everything she does.

"We know you don't do it for the thanks," Jessica Greenaway said, "but we're giving it anyway. Because today is about one thing — saying thank you."

The event wrapped up with dessert, music, and mingling, closing on a clear message: our village is stronger because of our volunteers.

Thanking Meals volunteers



Meals On Wheels president Jeff McColl presents the award for first volunteer of the year to Ben Rietveld. (Elka Scherer: 490789)

Thanking Meals volunteers



Tracey, Lena, Lyn and Michelle. (Elka Scherer: 490789)



Maria Achurch received the second volunteer of the year award from Meals on Wheels president Jeff McColl. (Elka Scherer: 490789)



Bill, Verna and Bev. (Elka Scherer: 490789)



Mike, Karen, Beth and Robbie. (Elka Scherer: 490789)

Thanking Meals volunteers



Maxine, Jan, Fran and Bronwyn. (Elka Scherer: 490789)



Kevin and Betty. (Elka Scherer: 490789)



Bluey, Ann and Graham. (Elka Scherer: 490789)



Ann, Margaret and Gail. (Elka Scherer: 490789)



Volunteer Updates

What to do when noone answers the door

Volunteers are reminded to please contact the office immediately if you are unable to complete a meal delivery.

When you contact us, we will attempt to reach the client by phone — in many cases, this allows you to complete the delivery.

This step is an important part of our welfare checks for clients. If a client does not come to the door, we may need to contact their emergency contact to ensure their safety.

Please do not wait until you return to the office to let us know — the sooner we are alerted to the problem, the better we can respond.

Retail Meals

Did you know that meals, deserts, soups and breakfast boxes are available for purchase from reception by any members of the public. No referrals needed and walk in customers are welcome.

Client Updates

Dietary Restrictions

We've recently had several clients update their dietary restrictions, and in some cases, removing certain restrictions has allowed for a greater variety of meals to be offered. If you'd like to update your dietary preferences or check what restrictions are currently recorded for you, simply ask our staff next time you call — we're happy to help.

Frozen Meal Order Reminders

We would like to remind everyone that all frozen orders must be received before 11 AM the day before delivery.



So
Yummy



Delivery Time Reminder

10:30 AM – 12:30 PM

Our delivery window remains 10:30 AM – 12:30 PM. Please do not call before 12:30 PM to ask where your meal is, as we will respectfully ask you to wait until the delivery window has passed and call back if required.

If you know you won't be home for your scheduled delivery, just give our office a call to arrange alternative delivery. If you are going to be out and about you are also welcome to pop into the office and pick up your meal — just let us know ahead of time so we can have it ready for you.

Highlights

BREAKING: The Great Blanket Heist!



A gang of cozy criminals has been spotted across Bundaberg — wrapped in warmth, armed with smiles, and wanted for crimes against cold weather!

Suspects include:

Adrian aka “The Gumnut Bandit” – Last seen wearing a hand-knitted beanie and exuding strong Gumnut Baby energy. Known for leaving a trail of warmth and charm wherever he goes. Move over Snugglepote and Cuddlepote — there’s a new nut in town.

Jillian aka “The Crochet Queen” – Caught red-(and orange and blue)-handed flaunting a technicolour dream blanket. Wrapped in more colour than a packet of Lifesavers and glowing brighter than a Woolies freezer light. Approach with caution — her smile is contagious!

Geoff aka “Santa on Sabbatical” – Last seen spreading festive cheer well outside of December. Rocking a beard, a beanie, and big winter energy . Believed to be laying low in Bundy while sleigh repairs are underway.

These suspects were last seen receiving handmade contraband from our volunteers made by the crafty masterminds at Blanket Buddies, who we hereby declare guilty of stitching smiles across Bundaberg.

Proceed with caution: suspects may cause sudden bouts of happiness and the uncontrollable urge to snuggle.

Bundaberg and District Meals on Wheels Pricing and Menu Options

 Effective 1 July 2025	Home Care Package (HCP), Support at Home (SAH) or National Disability Insurance Scheme (NDIS)			Commonwealth Home Support Program (CHSP)	Retail Customers
	Unit Price	Raw Food Contribution Billed to Client	Provider Claim Billed to Package	Client Contribution	Client Contribution
Main Meal Choose from: • Hot Meal • Chilled Meal • Frozen Meal • Fresh Salad	\$17.30	\$5.19	\$12.11	\$8.00	\$10.00
Discounted Main Meal (*When part of Meal Package)	\$15.30	\$4.59	\$10.71	\$5.00	NA
Soup • Hot • Chilled • Frozen	\$2.00	\$0.60	\$1.40	\$2.00	\$2.00
Dessert • Chilled • Frozen	\$3.00	\$0.90	\$2.10	\$3.00	\$3.00
Sandwich • Chilled	\$5.50	\$1.65	\$3.85	\$3.00	NA
Juice • Apple • Orange Juice • Apple & Blackcurrant	\$1.00	\$0.30	\$0.70	\$1.00	\$1.00
Breakfast Box Includes: • Cereal Sachet (Weetbix, Just Right, Sultana Bran, or Nutri-Grain), • Tea Bag, • Coffee Stick, • 1x Sugar Stick, • UHT Milk, • Fruit Salad Cup, • Juice • Biscuit	\$8.00	\$2.40	\$5.60	\$3.00	\$3.00
Gravy	\$2.00	\$0.60	\$1.40	\$2.00	NA
* Enjoy great value with our Meal Package! Each package includes 1 Main Meal (Hot, Chilled, Frozen or Salad) plus your choice of 3 sides: Soup, Dessert, Sandwich or Juice.					

FROZEN MEALS

BEEF

Roast Beef - Roast Potato, Pumpkin, & Beans NPP DF DVF GF

Curried Sausages - Mash Potato, Carrot & Beans GF Sp NPP

Cottage Pie - Mixed Vege NPP GF

Beef Stroganoff - Sweet Potato Mash Cauli & Beans NPP GF G DVF

Beef Patti & Dianne Sauce - Pump Pot Mash, Cauli & Broc G NPP DVF

Red Wine Beef - Steamed Potato, Carrot & Brocco NPP GF DF

Savoury Mince – Mashed Potato NPP GF

LAMB

Mongolian Lamb - Rice, Corn & Peas NPP DF GF G Sp

Lamb Casserole - Mash Potato & Mixed Veg NPP GF

Roast Lamb & Gravy - Roast Potatoes, Pumpkin & Beans NPP GF DF

Pork

Pork Sausages & Gravy - Mash, Carrot & Broccoli – GF DVF

Sweet & Sour Pork - Rice & Mixed Veg DF

Asian Pork Mince- Rice GF DVF DF

Roast Pork - Roast Potato, Sweet Potato, Pumpkin, & Broccoli – GF DF DVF

Pork & Mushroom Casserole – Roast Potato, Carrot & Peas – GF DF G

CHICKEN

Honey Mustard Chicken - Sweet Potato, Corn & Peas DF GF NPP

Coconut Lime Chicken - Rice, Carrot & Broccoli G DVF NPP

Creamy Italian Chicken - Rice, Cauli & Peas NPP GF G

Roast Chicken (Skin on) & Gravy - Roast Sweet Potato, Pumpkin & Beans DF GF NPP DVF

Smoked Chicken Quiche – Sweet Pot, Cauli,& Peas NPP GF

FISH

Crumbed fish - Sweet Potato Bake, Cauli & Beans- DF NPP

Lemon Butter Barra - NPP GF DVF

PASTA

Spaghetti Bolognese - Corn & Broccoli G NPP

Tuna Bake - Roast Carrot & Broccoli NPP DVF

Bacon Carbonara - Carrot & Broccoli DVF

VEGETARIAN – These items subject to availability

Vegetable Frittata - Tuscan Mash, Corn NPP GF DVF G

Bean & Noodle Stir Fry - Corn, Peas DF GF NPP

Spinach & Cheese Roll - Mash, Carrot, Peas – NPP

Chickpea and Veg Curry – Rice GF NPP SP G

Plant Based Parmigiana - Mash, Mix Vege

Plant Based Vegetable Schnitzel & Gravy - Chats, Cauli, Broc- NPP DF

FROZEN SIDES

SOUPS

Assorted

DESSERTS (Frozen)

Jelly & Custard

Jelly and Fruit

Chocolate Cake

Carrot Cake

Banana Cake

Orange Cake

Cherry Ripe Slice

Tiramisu

Apple Crumble

Trifle

JUICES

Apple

Orange Juice

Apple & Blackcurrant

Assorted Panna Cotta

Passionfruit Slice

Lemon Meringue

Pavlova

Mud Cake

Black Forest Cake

Cheesecake

Apple Crumble

Custard & Fruit

Crème Brule & Prune

Peach Mousse Cake

DF	Dairy Free	PLEASE NOTE: Vegetable component and vegetarian dishes may vary depending on seasonal availability. Please choose a "Spare" meal as items listed on menu are in stock at the time of updating this menu. Item could be out of stock by the time your order is packed by kitchen. A replacement meal may be substituted if stock runs out before your order is packed.
GF	Gluten Free	
DVF	Diverticular Friendly	
NPP	No Pork Products	
G	Garlic	
Sp	Spice	

Monthly Puzzle

Australia Quiz

1. Which is the longest river in Australia?
a) Darling River b) Murray River c) Indus
2. Which Australian singer sang "The Loco-Motion"?
a) Kylie Minogue b) Dani Minogue c) Tina Turner
3. How many time zones are there in Australia?
a) One b) Two c) Three
4. When is Australia Day?
a) January 26th b) March 14th c) June 8th
5. Which Australian instrument is known as the world's oldest musical instrument?
a) Bullroarer b) Didgeridoo c) Boomerang
6. Which is the capital city of Australia?
a) Sydney b) Perth c) Canberra
7. Which female Australian actress starred in the 2008 movie "Australia"?
a) Miriam Margolies b) Nichole Kidman c) Isla Fisher
8. How many states are there in Australia?
a) Six b) Seven c) Eight
9. How many of the world's top 25 deadliest snakes live in Australia?
a) 14 b) 18 c) 21
10. What is the most popular sport in Australia?
a) Rugby b) Cricket c) Australian Rules Football

Who was Born First?

Number these famous people from 1 to 8 in order of when they were born. **Starting with the oldest.**

1 = oldest, 8 = most recent

ELVIS PRESLEY

TAYLOR SWIFT

JOHN WAYNE

PRINCESS DIANA

HARRISON FORD

OPRAH WINFREY

THOMAS EDISON

MARIE CURIE



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Saturdays 10am to 2pm and closed on Sundays
and national public holidays.



Meals on Wheels™
Bundaberg & District

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Answers

Answers to Australia Quiz

Solution to: Who was Born First?

1 = oldest, 8 = most recent

1. b)	ELVIS PRESLEY, 1935	4
2. a)	TAYLOR SWIFT, 1989	8
3. c)	JOHN WAYNE, 1907	3
4. a)	PRINCESS DIANA, 1961	7
5. b)	HARRISON FORD, 1942	5
6. c)	OPRAH WINFREY, 1954	6
7. b)	THOMAS EDISON, 1847	1
8. a) 6 states (Victoria, Queensland, Tasmania, New South Wales, Western Australia and South Australia). ACT and NT are territories, not states.	MARIE CURIE, 1867	2
9. c)		
10. c)		

Last Months Answers - Queensland Trivia: Name That Town!

Can you guess the Queensland town or place based on the clue?

1. Atmosphere: Ayr
 2. Gives a ringing sound: Bell
 3. Where a kind of blackbird lays its eggs: Crows Nest
 4. An Australian wild dog: Dingo
 5. A lady with a title: Duchess
 6. A precious stone: Emerald or Sapphire
 7. A kind of bag: Gladstone
 8. A lot of hills with sharp tops: Many Peaks
 9. 5,280 feet: Miles
 10. A kind of sleeve: Raglan
 11. A kind of fruit: Banana
 12. A kind of nut: Bauple
 13. Confusing creek: Baffle
 14. Receive cheerfully creek: Welcome
 15. Kind of fish creek: Mullet
 16. A fruit tree creek: Apple
 17. A cricketer: Mackay
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