Meals on Wheels™
Brisbane South

MEAL DELIVERY CARE PLAN

Date: / /

Full Name :

Select the goal/s that best reflects your reason for accessing Meals on Wheels:

GOAL	EXPECTED OUTCOMES	✓
Nutrition & Health To maintain my health and wellbeing by receiving regular, nutritious meals that meet my dietary needs.	I receive meals that are balanced and suited to my dietary needs. I eat regular, healthy meals each day. My energy levels, appetite, or weight remain stable or improve.	
Independence & Daily Living To stay independent at home by getting help with meal preparation through delivered meals.	I can remain living at home safely and independently. I rely less on others for cooking and shopping. I feel confident knowing my meals are taken care of.	
Safety & Emotional Wellbeing To feel supported, safe, and connected by receiving regular meal deliveries and friendly visits that provide both nutrition and social contact.	I enjoy friendly, caring contact with volunteers as part of my regular routine. I feel reassured knowing someone checks in on my wellbeing through meal deliveries. I feel more confident and supported living independently at home.	

TO ACHIEVE MY GOAL/S I REQUIRE:

Please attach additional notes if required

Menu Items:

- ☐ **Main Meal/s** *(340-380g Meal, Salads)*
- ☐ **Mini Meal/s** (240-300g Meal)
- ☐ **Light Meals/s** *(Soup, Sandwich, Breakfast Pack)*
- ☐ **Dessert/s**
- ☐ **Snack/s**
- ☐ **Beverage/s**

Meals for:

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Weekend

Texture Modification:

- ☐ Puree
- ☐ Cut- Up
- ☐ Minced-Moist

Allergies/Intolerances:

I have the ability to reheat meals?

☐ YES ☐ NO