



MOBILE MEALS ONLY

\$8.50

FRESH MEALS

There are two choices of meal each day.
Menus change weekly.



FROZEN MEALS

**Prepared fresh weekly.
Just HEAT and EAT.**

Order on Monday.
Pick up on Friday between 11am -1pm.
Delivery options available.

YDUB MOBILE MEALS

Do you want to remain independent in your own home?

The YWCA can provide hot midday meals to your home.

We prepare fresh meals daily to provide you with a wholesome balanced diet.

Ring and order now, and receive a meal tomorrow!

No referral needed.

MEALS ARE DELIVERED

Monday to Friday 11am-12.30pm

(excluding public holidays)

MINIMUM OF THREE DAYS PER WEEK

By supporting YWCA Mobile Meals, you are contributing to Programmes for Young Women.

Contact Paula Johnson

Mobile Meals Coordinator

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