

MEALS 
ON WHEELS

More than just a meal.

enhancing meals





Make eating meals a pleasant experience.

As a Meals on Wheels client, it doesn't mean that you can't have control over your food. • We encourage you to enjoy your food, make improvements to suit yourself and to experiment. • This booklet has been prepared for you to help stimulate ideas on how to individualise your meal.

What can I do to my meal?

We encourage you to eat the complete meal when it's delivered. If you do split parts of the meal over lunch and dinner, we have come up with some ideas that you could add to your courses to enhance them.

Additional meals

Why not consider having some Meals on Wheels frozen meals on standby for those occasions when you are tired, or need something extra? These can be ordered through your local kitchen or Central Office.

Make eating a pleasant experience

- Have a good eating environment – food is not just about nutrition, but about the enjoyment of eating as well.

Know your meal

- Ask your deliverer what the meal is so that you know what you're eating.

Plate up

- Putting your food on a plate can instantly make your meal look more tempting.

Eat at meal times

- Even if you are not hungry, eat something at every meal time at the same time every day.

Put the radio or some music on

- Play some music to create a relaxing eating environment.

Eat in company

- Invite a friend, family member or neighbour over to eat with you.

Have a short walk

- Before meal times, go for a walk to improve your appetite. (5-10 mins.)

If alone

- While eating you could read a book, the newspaper or watch television.

Add flavours

- Add your favourite sauces or spices to your meal to enhance it and make it better suited to your own tastes. See page 12 for some ideas.

Drink up

- Have a small drink with your meal; something you enjoy such as a small glass of fruit juice.



What can I do to enhance my soup? Try adding one of these tasty, flavour-filled toppings...

Serve it with bread and margarine

- A slice of toast or a dinner roll with margarine is delicious dipped in soup and very easy to prepare. Keep bread handy in the freezer.

Add some 2-minute noodles or angel hair pasta

- Make the soup go further by adding more carbohydrate.
- A small handful of plain cooked 2-minute noodles or angel hair pasta will increase the volume (follow the steps on the packet).

Add canned beans, lentils or chickpeas

- Beans and chickpeas can be bought in small 125g tins; just rinse the beans well and add to the soup.

Add some cut up BBQ chicken, bacon or other meat into the soup

- Bacon can be cooked in the microwave for 1-2 minutes and added to your soup instantly, or use bacon chips found in the spice section of the supermarket.

Sprinkle some grated parmesan or cheddar cheese on top of your soup

- The cheese will melt into the hot soup and add a delicious flavour and aroma.

Add croutons to your soup

- Croutons can be found in the soup section of the supermarket and add a nice crunch to the soup.



Add tofu

- It is rich in nutrients and comes in many varieties. Easy to find in supermarkets.

Serve with a dressed salad or a toasted sandwich on the side

- The salad can be a pasta salad, potato salad or green salad with dressing and can be homemade or bought pre-made at the supermarket, although this is more expensive.

Add a tablespoon of cream, sour cream or natural yoghurt and stir through

- This will thicken the soup and make it more creamy.

Add a pinch of herbs or spices and stir through

- Exotic flavours like curry or ginger powder, soya or fish sauce or fresh grated ginger taste great. Look on page 12 for other ideas.





What can I do to enhance my main course? Try adding these side dishes to your main course...

Serve it with bread and margarine

- Eg. dinner roll, toast, baguette, turkish bread, wraps or some garlic bread.
- Use the bread to soak up the gravy or sauces at the end of the meal.

Add some rice or pasta

- There are instant rice and pasta packets that you just microwave

and serve, although they are more expensive. You could make your own using about 100g of uncooked rice or pasta per person.

Serve with a dressed salad

- The salad can be a pasta salad, potato salad or green salad with dressing and can be homemade or bought at the supermarket.



Add your favourite vegetables

- These can be fresh or frozen from the freezer section of the supermarket, although frozen pre-cut vegies are more expensive. These not only taste great, but put more colour into your meal.

Sprinkle with some cheese

- Add parmesan cheese on pasta or rice.
- Add cheddar cheese on potatoes.
- Add some fetta cheese in a salad.

Try adding sauces

- Eg. gravy, white sauce, cheese sauce, apple sauce, tomato sauce, fruit chutney, mayonnaise,

mint sauce, mustard or sweet chilli sauce. These come in a bottle or jar. Sauces and gravies can be easily made with boiling water using the powdered mixtures available in packets from the supermarket.

Sprinkle the meal with seeds or nuts

- Eg. sesame seeds, almond flakes, peanuts or cashews.

Add a pinch of herbs or spices and stir through

- Use herbs and spices you are familiar with or have a look on page 12 for some ideas.



What can I do to enhance my dessert? Try one of these sweet finishing touches...

Add some yoghurt, cream or custard

- Pre-made custard can be bought in tetra packs or single serve tubs.

Pour maple syrup, honey or topping over the dessert

- All of these last for a long time in the pantry or fridge.
- Use only small amounts if you have Diabetes.

Sprinkle some Milo on top of ice-cream or custard

- Milo is a chocolate powder that can be added to desserts or made into a milky drink.

Add some fruit

- Dried fruit such as sultanas are tasty in custard.
- Tinned fruit is also delicious with cake, custard or ice-cream and can be bought in single serve tubs.

Add spices to your custard

- To give the custard a new flavour, add 1/2 teaspoon of ground cinnamon to spice it up.
- Nutmeg is also nice sprinkled on top.

Hints and Tips.

What to do if my meal is...

Too spicy?

- Add natural yoghurt, cream or sour cream.
- Serve with bread, pasta, rice or potato.
- Drink milk with your meal as any fizzy drinks or ice-cold water will increase the spiciness.

Too salty?

- Add a teaspoon of sugar or honey.
- Serve with bread, pasta, rice or potato.

Tasting metallic because of my medication?

- Use a plastic knife and fork.
- Take the food out of the container and plate it up.
- Add 1 tablespoon of soy sauce or apple sauce to the meat.

Too sweet?

- Add a little salt.
- Dilute with milk/cream.
- For desserts, add milk or a small amount of fine instant coffee or cocoa.

Too dry?

- Try adding some gravy, white sauce, cheese sauce, apple sauce, tomato sauce, fruit chutney, relish, mayonnaise, mint sauce, mustard or sweet chilli sauce to your meat.
- For desserts, add ice-cream, yoghurt, cream, custard, tinned fruit or topping.

More flavour?

- Add flavours that you like, such as garlic, sauces, herbs or spices. For ideas please turn to page 12.
- Add sauces, gravies or dressings.
- To enhance flavours, ensure your mouth and teeth are cleaned twice a day. For more information our *Oral Health for Older People Information Sheet* is available from Central Office.

Flavours of the world...

What flavours do you like in your meal?

SERVE

Taste of Mediterranean

- crusty bread
- pasta

Taste of Middle East

- rice
- tabouleh
- flat bread

Taste of India

- rice
- naan bread

ADD

- tomato or haloumi cheese to soup
- olive oil as a salad dressing or on bread
- fetta cheese to salad
- olives

- fresh or tinned tomato
- onion
- tinned chickpeas, lentils or beans to casseroles or soups

- chutney
- desiccated coconut
- tinned chickpeas or lentils to casseroles

STIR

into soups or a meal:

- garlic
- a squeeze of lemon juice
- chopped flat leaf parsley

into soups or stews:

- natural yoghurt

into soups, stews or casseroles:

- natural yoghurt
- garlic
- ginger
- a squeeze of lemon juice
- chopped coriander

into soups or stews:

- coconut milk or cream
- a pinch of chilli
- garam masala
- curry powder
- coriander
- ground cumin



Taste of South East Asia

- rice
- noodles

- spring onion
- desiccated coconut
- sesame seeds
- dried chinese mushrooms

into soups or stews:

- coconut milk or cream

into soups, stir-frys or stews:

- ginger
- garlic
- chopped fresh coriander
- fish sauce

Taste of South America

- rice tortilla

- beans to soups, stews or casseroles
- Jalapeño peppers to casseroles

- garlic
- pepper
- ground coriander
- oregano
- a squeeze of lemon juice

Taste of China

- rice
- noodles

- spring onion
- bean sprouts
- snow peas
- water chestnuts
- bamboo shoots to a stir-fry or broth soup

into stir-fry or rice:

- hoisin or oyster sauce
- plum sauce
- soy sauce
- ginger
- garlic
- chopped coriander leaves

Shopping list.

Fresh

- Bread or dinner rolls
- BBQ chicken
- Salad (fruit and veg or deli sections)
- Fresh or frozen vegies

Fridge/Freezer

- Grated parmesan or cheddar cheese
- Bacon
- Cream, sour cream or natural yoghurt
- Flavoured yoghurt
- Ice-cream

Pantry

- 2-minute noodles
- Angel hair pasta
- Rice (raw or pre-cooked)
- Pasta packets
- 125g tin of beans, lentils or chickpeas (inc. baked beans)
- Croutons (soup section of supermarket)
- Gravy or sauce mixes (powdered)
- Condiments (eg. mint sauce, chutney, mayonnaise, etc)
- Salad dressing
- Bacon flavoured chips (spices section)
- Dried mixed herbs
- Garlic powder/granules
- Onion flakes
- Spices (eg. cinnamon, Moroccan seasoning)
- Lemon juice
- Custard (tetra pack)
- Milo
- Maple syrup or honey
- Topping
- Dried fruit/sultanas
- Preserved fruit (in individual tubs)







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