

Disclaimer: This material is provided to offer information regarding dysphagia. Material is for general information purposes only and it is recommended that advice of a professional Speech Pathologist be sought regarding specific cases. This material was last updated in October 2008.

# DYSPHAGIA

*Meal Delivery Services*



## Dysphagia

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Name	Contact	Cost (per meal)	Delivery	Type	Special Diets	Comments
Meal Magic	9572 4034 9572 4031 (F) <a href="http://www.mealmagic.com.au/">http://www.mealmagic.com.au/</a> info@mealmagic.com.au	Single (1 serve) \$10 Medium (2-3 serves) \$20 Family (4-6 serves) \$35 Desserts \$4 Min. order of \$65 + \$15 delivery fee Min. \$120 order for free delivery	Inner eastern suburbs Home & office Pick-up at Glen Huntly available	Fresh, Pre prepared raw ingredients (for self-assembled meals) Fresh, pre-assemble meals Frozen, ready-to-eat Side dishes & desserts available	Range of cuisines Vegetarian/Vegan Wheat free Dairy free High protein, low carbohydrate Can canape	Single size meals not available for assembly; only pre-assembled/frozen Nutritional information available per meal

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Meals on Wheels	Contact local council	Costs vary; average \$5	Mon-Fri & weekends (depending on area)	Single 3-course lunch	Contact local council for details	Only Aged/ Disability pension DHS (Home & Community Care Program)
Kosher Meals on Wheels	9527 5225 527 Inkerman Road, Caulfield	Main meal \$10 Soups \$2.50 Free delivery	Eastern suburbs Purchase from Caulfield available	Frozen meals	Strictly kosher	Menu available at Caulfield shop

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Katrina's Kitchen	9569 0488 9563 4676 (F) <a href="http://www.katrinaaskitchen.com.au/">http://www.katrinaaskitchen.com.au/</a> katri-nas.meals@gmail.com	Min. order of 6 meals Single serve \$5-\$7.40 Desserts \$3-\$4 \$4.40 delivery fee	Metropolitan Melbourne Purchase from Murumbidgee available	Frozen dinners Desserts available	Vegetarian Low fat No salt used	

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Tender Loving Cuisine	1800 801 200 <a href="http://www.tlc.org.au/">http://www.tlc.org.au/</a> <a href="mailto:foodservices@tlc.org.au">foodservices@tlc.org.au</a>	Min. order of 7 meals (Reg/Lrg/Mixed) Regular \$10.90 Large \$12.15 Desserts \$2.50-\$3.50 Soups \$4 Speciality meals \$1 each extra	Metropolitan Melbourne Home, office, retirement villages, care organisations 9am to 4pm	Frozen dinners Soups & desserts available	Easy chew Heart Foundation Tick Approved Diabetes Australia -NSW Nutrient Certified Gluten free Organic Protein meals	Discounts for Seniors Card members Online orders available

Name	Contact	Cost (per meal)	Delivery	Type	Special Diets	Comments
Vmeals (by Soul-veg)	8774 8016 0417 423 014 <a href="http://www.soulveg.com.au/">http://www.soulveg.com.au/</a> <a href="http://www.aduki.net.au/content/view/174/64/">http://www.aduki.net.au/content/view/174/64/</a>	Order incl. of lunch & dinner for 5 days \$7.50 Regular pack (520ml lunch/ 900ml dinner) \$9	Metropolitan Melbourne Delivery on Sundays	Fresh meals	Range of cuisines Strictly vegetarian/vegan Organic Low grain Low GI	Weekly-based orders available Discounts for monthly-based orders Nutritional content & caloric information available per meal Menu changes weekly

Name	Contact	Cost (per meal)	Delivery	Type	Special Diets	Comments
Meals in a Moment	9580 7906 <a href="http://www.mealsinamoment.com/">http://www.mealsinamoment.com/</a> or- orders@mealsinamoment.com	Min. order of 7 meals Main meal \$7.25* Mini meal \$5.75 Soups \$2.55 Desserts \$2.95 Gourmet \$9.95 Salads \$3.50	Metropolitan Melbourne Home & care-based centres Delivery days dependent on suburb (1x week)	Fresh/ chilled meals Soups, gourmet, salads, extras & desserts available	Range of cuisines Low fat Low/sodium free Diabetic Gluten free Coeliac Food modifications (incl. thickened liquids)	*Discounts for Senior Citizens Online orders available Special requirements can be provided