



# Support That Meets You Where You Are

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Choosing meal support is often about lightening the load a little. Whether you're looking for help with regular meals, recovering from an illness, or simply wanting nutritious food without the effort, we're here to make the path forward feel clear and manageable.

If you're unsure where to start, our team can explain how the service works, talk through what meals might suit you best and help you choose a delivery pattern that fits your routine. Many people use CHSP or Support at Home funding and we can help you navigate what applies to you.

If you'd like to learn more or take the next step, we're only a phone call away, ready to help you feel supported, informed and confident.

## Connect With Us

Ready to explore what's possible?  
Reach out to your local Meals on Wheels  
Centre.



Scan to  
Wander  
Further

### Canterbury

Call (03) 9880 4703

Email [mealsservice@basscare.org.au](mailto:mealsservice@basscare.org.au)

### Ashburton

Call (03) 9058 6066

Email [mealsonwheels.sm@basscare.org.au](mailto:mealsonwheels.sm@basscare.org.au)

### Manningham

Call (03) 8809 0022

Email [manningham@basscare.org.au](mailto:manningham@basscare.org.au)

### North Balwyn

Call (03) 9880 4751

Email [marwal@basscare.org.au](mailto:marwal@basscare.org.au)

### Hawthorn/Kew

Call (03) 9880 4750

Email [hawthornkew@basscare.org.au](mailto:hawthornkew@basscare.org.au)

## Meals on Wheels

### The Magic of Eating Well, Made Easy

Our meal delivery service brings fresh,  
nourishing dishes straight to your home



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Where Every Day Holds a Little Magic.



Visit [BASSCARE.ORG.AU](http://BASSCARE.ORG.AU)

## More Than a Meal: A Moment of Connection



BASSCARE's journey began with the traditional Meals on Wheels model, delivering meals to those who needed a little extra support. That spirit of community still guides us, creating connections that reach beyond the plate.

Our meal delivery service is far more than placing food at your doorstep. With every visit, our volunteers bring conversation and encouragement that can lift the rest of your day.

Nutritious food, familiar faces and everyday magic delivered to your door. Eating well shouldn't feel difficult.



## What a Week of Meals Can Look Like

Each day brings a choice of main meals, a soup option and your pick of dessert, fruit, or yoghurt. It's a simple rhythm of comforting classics, lighter dishes and seasonal flavours, all designed to make eating well feel effortless.

A week might include meals like roast beef with gravy, barramundi with lemon sauce, vegetarian lasagne, or chicken parmigiana. Lighter options such as chicken caesar or tuna salad appear often. Soups, from creamy celeriac and potato to carrot and ginger, add warmth, while desserts like butterscotch pudding, berry cobbler, or tiramisu bring a gentle touch of indulgence.

### You can expect:

- **A choice of mains every day, plus soup and dessert.**
- **Classic favourites alongside lighter, seasonal options.**
- **Balanced, dietitian reviewed menus with room for personal preference.**