

VOLUNTEERS NEEDED

We need volunteers who:

- *Can communicate with older people,*
- *Have knowledge of the Maltese culture,*
- *Are reliable and trustworthy, and*
- *Are sensitive to the needs of older people.*

If you are able to spend an hour or two a week assisting older Maltese people, please contact us.

Jekk tistaw tagħtu xi siegħa jew tnejn fil-gimgħa, jekk jogħgbok cemplilna.

Għandna bzonn voluntieri li:

- *Jafu jmorru mal-Maltin anzjani,*
- *Huma familjari mal-kultura Maltija,*
- *Tista torbot fuqhom, u*
- *Huma sensittivi għall-bzonnijiet tal-anzjani.*

Jekk int tista tagħti xi siegħa jew tnejn fil-gimgħa biex tgħin lill-Maltin anzjani aghmel kuntatt magħna.

VISION STATEMENT

That all older Maltese living in South Australia have access to culturally appropriate services that meet their needs.

Maltese Meals
and
Community Services
is funded by:



For more information or to register for our services contact:

Services Manager

Phone: 8241 0266

Mobile: 0412 014 313

Email: manager@malteseagedcare.org.au

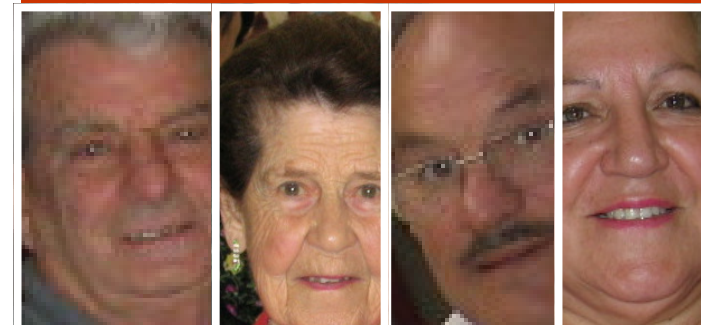
PO Box 6004, Alberton SA 5014
62 Stroud Street North, Cheltenham
www.malteseagedcare.org.au

Revised - October 2010

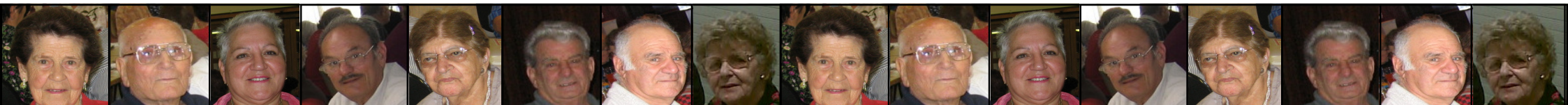


**MALTESE AGED CARE
ASSOCIATION (SA) INC.
(MACASA)**

Services for the Aged Maltese Community



Maltese Meals and Community Services



MEALS - Sample Menu

Monday

Primavera Soup
Chicken Casserole or Spaghetti Bolognese
Fruit Salad

Tuesday

Chicken and Corn Soup
Beef Schnitzel or Baked Fish
Fruit Fool

Wednesday

Chicken Noodle Soup
Beef Stew or Chicken Patties
Bread and Butter Pudding

Thursday

Lentil Soup
Beef Meatballs or Stuffed Zucchini
Jelly and Fruit

Friday

Fish Soup
Baked Fish
Lemon Meringue Pie

Meals are served with 2 vegetables in season.

Meals are available either fresh or frozen and are suitable for diabetics.

Pick up or home delivered
(Geographical boundaries apply)

MALTESE MEALS AND COMMUNITY SERVICES

Provides these services by engaging volunteers who are familiar with the Maltese culture.

Services are available on a short term and on-going basis for:

- *Older people who require support to live at home.*

Nipprovdu dawn is-servizzi permezz ta' voluntieri li huma familjari mal-kultura Maltija.

Toffri servizzi għall-zmien qasir u għall-zmien twil għal:

- *Nies anzjani li għandhom bzonn għajjuna biex ikomplu jgħixu go darhom.*

**For more information on all
MACASA's services,
visit our website
malteseagedcare.org.au**

**Għall aktar informazzjoni dwar
dawn is-servizzi mur
malteseagedcare.org.au**

MEALS - Sample Menu

It-Tnejn

Soppa Primavera
Tigieja casserole jew spaghetti biz-zalsa
Frott fiesk imqatta

It-Tlieta

Soppa tal-tigieg u qamh
Schnitzel tac-Canga jew hut fil-forn
Frott fool

L-Erbgha

Soppa tat-tigieg bl-ghagin
Stufat tac-Canga jew Pulpetti ta-tigieg
Crumble tat-tuffieħ

Il-Hamis

Soppa Lentil
Pulpetti tal-majjal jew qarabali mimli
Jelly u frott

Il-Gimgha

Għaljotta
Crumbed hut
Torta tal-lumija meringue

**Maltese Meals and Community Services also
provides an Information and Referral for
other services.**

Nipprovdu riferimenti għall-servizzi ohra.