

## 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 jogħġbok 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](mailto:manager@malteseagedcare.org.au)

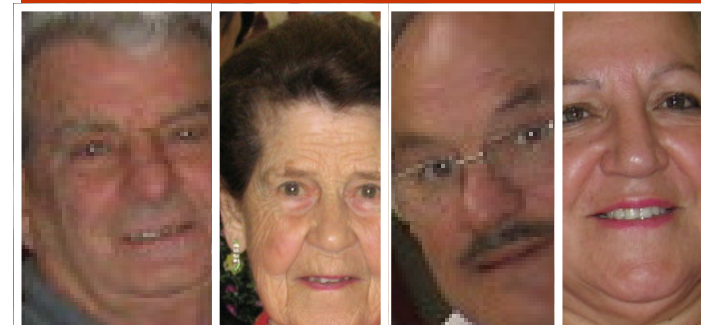
PO Box 6004, Alberton SA 5014  
62 Stroud Street North, Cheltenham  
[www.malteseagedcare.org.au](http://www.malteseagedcare.org.au)

Revised - October 2010

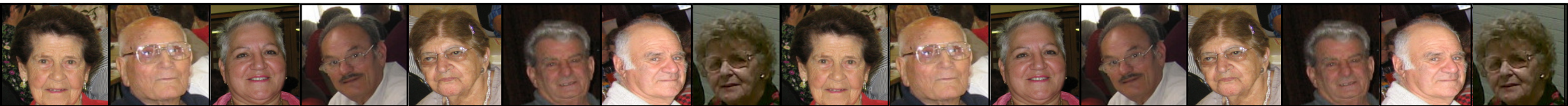


**MALTESE AGED CARE  
ASSOCIATION (SA) INC.  
(MACASA)**

*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.*

Niprovdu 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 għajjnuna biex ikomplu jgħixu go darhom.*

**For more information on all  
MACASA's services,  
visit our website  
[malteseagedcare.org.au](http://malteseagedcare.org.au)**

**Għall aktar informazzjoni dwar  
dawn is-servizzi mur  
[malteseagedcare.org.au](http://malteseagedcare.org.au)**

## MEALS - Sample Menu

### It-Tnejn

Soppa Primavera  
Tigiega 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

Ghaljotta  
Crumbed hut  
Torta tal-lumija meringue

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

Niprovdu riferimenti għall servizzi ohra.