



# MEAL DELIVERY SERVICE

**Available to anyone  
registered with My Aged Care**

- Delicious two course meal cooked by our Kitchen
- Each meal is a soup and your choice of a main meal (meat-based or vegetarian)
- Free delivery to your door in Hobart and surrounds
- May be tailored to individual needs and budget
- Meals are delivered every Friday, chilled (not frozen). Multiple meals can be ordered per delivery.

For more information and to register for this service, please email [meals@mrctas.org.au](mailto:meals@mrctas.org.au) or call MRC Tasmania on 03 6221 0999.