

Community Meals Service

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STRONG HERITAGE | STRONG FUTURE
RHONDDA CYNON TAF
TREFTADAETH GADARN | DYFODOL SICR

Community Meals Service

- Vulnerable clients
- Remain independent
- Vital community link
- Food safety paramount

Key Areas Reviewed

- Communication with clients
- Meal number trends
- Menu

Communication with Clients

- Engagement of Frontline Staff (Drivers & Cooks/Kitchen Staff)
- Frontline Staff direct consultation with clients
- Focus groups at Day Centres (taster sessions)
- Meetings with Older People's Champion and Older People's Commissioner - Wales

Outcome of Consultation

- Taster sessions for new menu direct with clients in Day Centres and at home for Meals on Wheel (MOWs) clients
- Change menu from 4 weeks to 2 weeks
- Focus Groups with older People's Champion
- Christmas service/activities

Christmas 2015 – St. Mairs Day Centre



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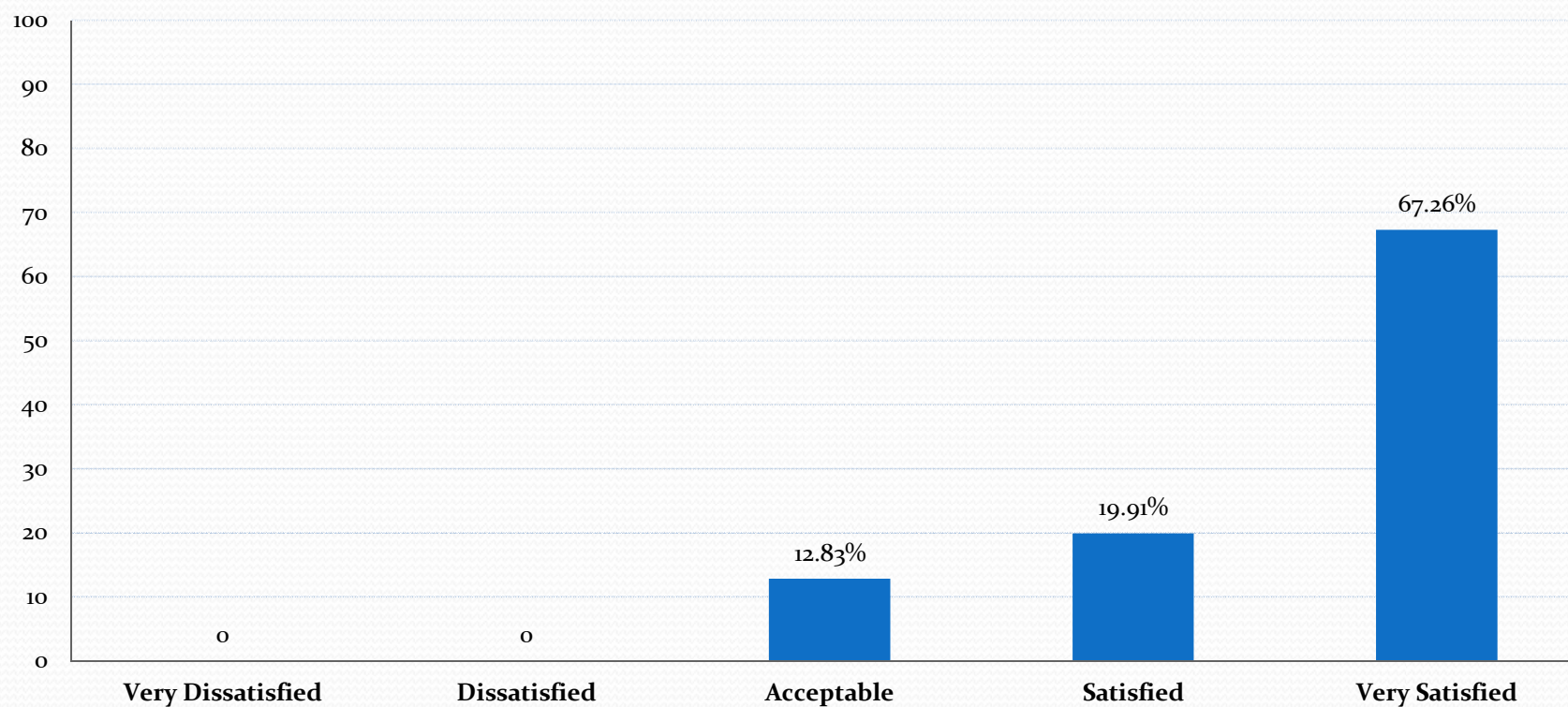


New Menu

- Menu team discussed with Cooks and drivers to seek their opinions.
- Compared/researched Menus with external organisations/providers.

Consultation with Day Centre Clients

Percent of Responses by Opinion of New Dishes - Daycentre Survey

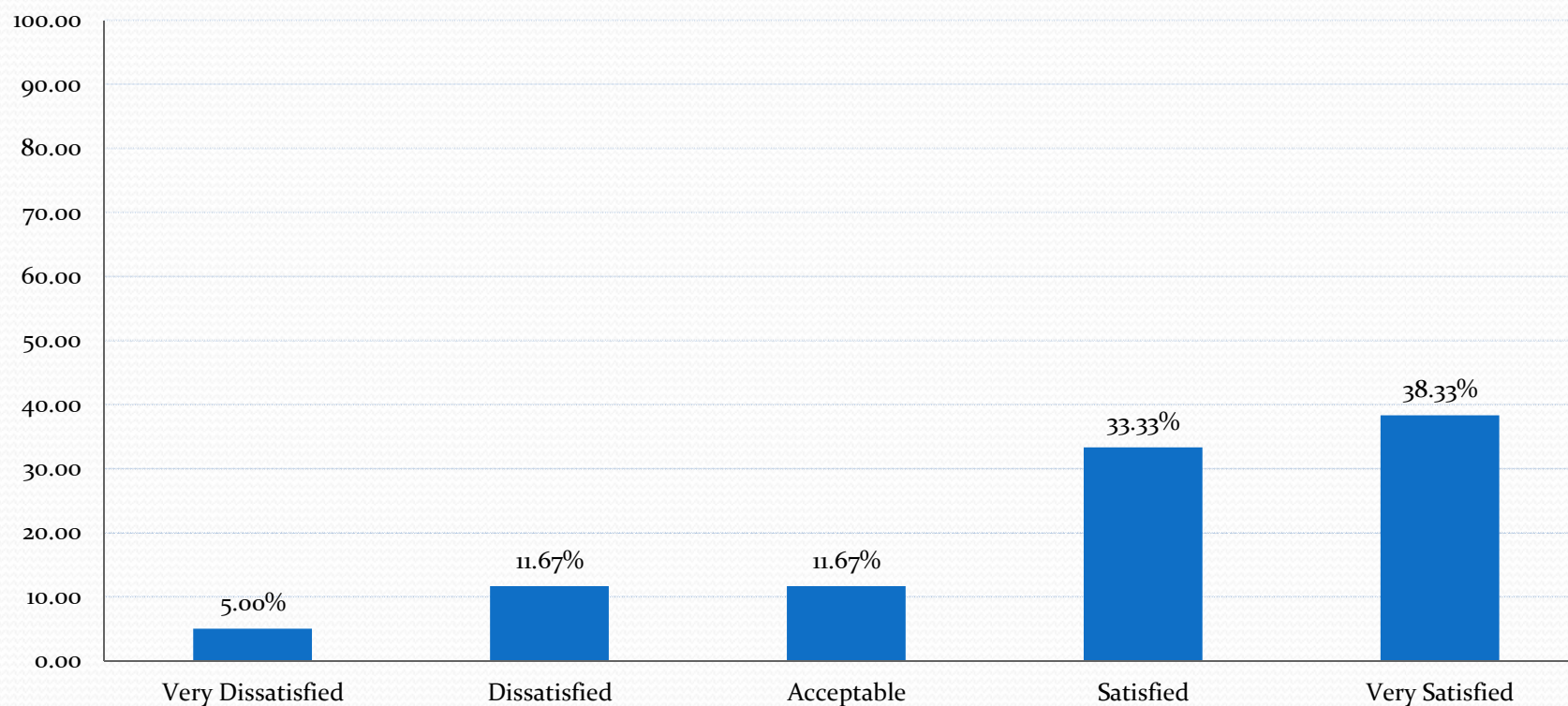


Taster Sessions



Consultation with MOWs Clients

Percent of Responses by Opinion of New Dishes - Meals On Wheels Survey



Menu Changes

- Revised menu following consultation
- 2 week menu
- Better quality locally sourced ingredients
- Diverse and culturally influenced choices
- Expanded no. of choices for diabetic desserts
- Menu now includes wider choice of dishes similar to restaurant choices alongside traditional roast dinners.

New Menu

WYTHNOS 1 • WEEK 1							
Gorffennaf/July 4, 18 • Awst/August 1, 15, 29 • Medi/Sept 12, 26 • Hydref/Oct 10, 24 • Tachwedd/Nov 7, 21 • Rhagfyr/Dec 5, 19							
	DYDD LLUN MONDAY	DYDD MAWRTH TUESDAY	DYDD MERCHER WEDNESDAY	DYDD IAU THURSDAY	DYDD GWENER FRIDAY	DYDD SADWRN SATURDAY	DYDD SUL SUNDAY
Dewis 1 Choice 1	Cyw iâr wedi'i rostio Stwffin a grefi Pys a Moron Tatws stwnsh Roast Chicken Breast & Gravy Sage & Onion Stuffing Peas & Carrots Mashed Potatoes	Pastai'r Bugail cartref a grefi Llysiau cymysg Tatws rhost Homemade Shepherd's Pie & Gravy Mixed Country Vegetables Roast Potatoes	Cig eidion a grefi Pwddin Swydd Efrog a Thatws rhost Bresych a Moron Tatws stwnsh Roast Beef & Gravy Yorkshire Pudding & Roast Potatoes Cabbage & Carrots Mashed Potatoes	Gamwn â Saws persli Ffa gwyrdd a Blodfresych neu Salad o'r ardd Tatws newydd Gammon Ham & Parsley Sauce Green Beans & Cauliflower or Garden Salad New Potatoes	Penfras mewn cyteu Pys Sglodion Homemade Battered Cod Mushy Peas Chips	Cyw iâr gyda chig moch mewn saws caws cartref Llysiau cymysg Tatws stwnsh gyda chennin Bacon Wrapped Chicken Breast & Homemade Cheese Sauce Mixed Country Vegetables Leek & Potato Mash	Cobler brwgig cig eidion Pwddin Swydd Efrog a Grefi Bresych a moron Tatws traddodiadol a rhost Minced Beef Cobbler Yorkshire Puddings & Gravy Cabbage & Carrots Whole & Roast Potatoes
Dewis 2 Choice 2	Chilli Con Carne Pys o'r ardd Reis Basmati a Thatws wedi'u ffrio'n ysgafn Chilli Con Carne (Mild) Garden Peas Basmati Rice & Sauté Potatoes	Brecwast Cig moch, Selsig, omled wy, tatws Hash Brown, Ffa pob All Day Breakfast Bacon, Farmhouse Sausage & Egg Omelette Hash Browns & Baked Beans	Pastai cyw iâr a ham Ffa gwyrdd a Moron Tatws Homemade Chicken & Ham Pie Green Beans & Carrots Whole Potatoes	Tikka cyw iâr Pys o'r ardd Reis Basmati a Thatws wedi'u ffrio'n ysgafn Chicken Tikka Garden Peas Basmati Rice & Sauté Potatoes	Bolognaise cig eidion Pys o'r ardd Pasta Beef Bolognaise Garden Peas Pasta		
Pwddin Dessert	Sbwng jam a chnau coco Jam & Coconut Sponge	Tarten afal a chwstard Apple Tart & Custard	Treiffi Trifle	Teisen gaws Mandarin Mandarin Cheesecake	Teisen siocled a saws gwyn Chocolate Cake & White Sauce	Sgon gyda Jam a hufen Jam & Cream Scone	Teisen Afal Apple Turnover

WYTHNOS 2 • WEEK 2 Gorffennaf/July 11, 25 • Awst/August 8, 22 • Medi/Sept 5, 19 • Hydref/Oct 3, 17, 31 • Tachwedd/Nov 14, 28 • Rhagfyr/Dec 12, 26							
	DYDD LLUN MONDAY	DYDD MAWRTH TUESDAY	DYDD MERCHER WEDNESDAY	DYDD IAU THURSDAY	DYDD GWENER FRIDAY	DYDD SADWRN SATURDAY	DYDD SUL SUNDAY
Dewis 1 Choice 1	Selsig wedi'u coginio yn y ffwrn gyda Grefi winwns Pys a moron Tatws stwnsh Oven Baked Sausages in Onion Gravy Peas & Carrots Mashed Potato	Cyw iâr mewn Saws madarch cartref Brocoli Tatws stwnsh Chicken Breast in Homemade Mushroom Sauce Broccoli Mashed Potato	Cig oen a grefi mint Bresych a Moron Tatws a Thatws rhost Roast Lamb & Minted Gravy Carrots & Cabbage Whole & Roast Potatoes	Pastai stêc wedi'i frwysio a grefi Llysiau cymysg Tatws stwnsh Braised Steak Pie & Gravy Mixed Country Vegetables Mashed Potato	Penfras mewn cyteu Pys Sglodion Homemade Battered Cod Mushy Peas Chips	Pastai corn biff a grefi Pys a moron Tatws stwnsh	Lwyn o borc a Grefi Stwffin Brocoli a swêds Tatws stwnsh a rhost
Dewis 2 Choice 2	Cyw iâr mewn saws melys a sur Brocoli Reis Basmati Sweet & Sour Chicken Broccoli Basmati Rice & Sauté Potatoes	Lasagne cartref Pys o'r ardd Ciwbiau tatws gyda pherlysiau Homemade Lasagne Garden Peas Herby Diced Potatoes	Pastai'r pysgotwr cartref Pys o'r ardd a Moron Tatws wedi'u ffrio'n ysgafn Homemade Fisherman's Pie Garden Peas & Carrots Sauté Potatoes	Cyw iâr Kiev Llysiau cymysg ac India corn Trioglau o datws Garlic Chicken Kiev Mixed Country Vegetables & Sweetcorn Potato Wedges	Quiche Lorraine cartref Salad o'r ardd Tatws newydd Homemade Quiche Lorraine Garden Salad New Potatoes	Homemade Corned Beef Pie & Gravy Peas & Carrots Mashed Potato	Pork Loin & Gravy Sage & Onion Stuffing Broccoli & Swede Mashed & Roast Potatoes
Pwddin Dessert	Sbwng lemwn a chwstard Lemon Sponge & Custard	Pwddin bara a menyn Bread & Butter Pudding	Crymbl rhiwbob a chwstard Rhubarb Crumble & Custard	Pwddin reis a ffrwythau'r haf Summer Fruits Rice Pudding	Pwddin taffi gludog a chwstard Sticky Toffee Pudding & Custard	Treiffi Trifle	Teisen Siocled gyda hufen Chocolate Cream Cake

Example Meals



Trend Information – Meal Nos. MOWs

	2013/2014		2014/2015		2015/2016		2016/2017 Apr/Sept (Act) Oct/Mar (Projected)
Weekdays	214,837		191,814		172,750		159,951
Saturday	36,880		26,280		16,240		12,885
Sunday	32,627		23,641		16,708		12,996
Total	284,344		241,735		205,698		185,832

Meal Numbers (MOWs) – before/after new menu introduced

	Old Menu Apr/Jun 2016	New Menu July/Sept 2016
Weekdays	40,246	40,015
Saturday	3,361	3,539
Sunday	3,752	3,207
Total	47,359	46,761

Other Meals Provided

	2015/16	2016/17 Apr/Sept Actual Oct/Mar Projected
Bulk Meals	10,773	9,456
Community Day Centres	27,196	19,124
Total	37,969	28,580

Meal Numbers

- Social Services and Well-being (Wales) Act 2014. Came into force on 6th April 2016.
- Decision to no longer fund MOWs for 6 weeks (free).
- 2015/16 provided 14,555 meals under this scheme at £48K or £100K (approx if full production cost included).

Cost of Meal

	MOW	Community Day Centres
Meal Price (Average)	£3.45	£3.45
Subsidy (Average)	£3.90	£3.12
Production Cost (Average)	£7.35	£6.57

Next Steps for Service

- Continue to engage/consult with Clients
- Improve information e.g. Website etc
- Continue to review menus with clients
- Continue to monitor uptake
- Continue to review service to provide a cost effective quality service for the Council
- Invitation to visit a kitchen and see process?

Questions?

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