



◆ HOT MEAL SERVICE* ◆ FREE DELIVERY
◆ ESTABLISHED 2010 ◆ HOME-COOKED MEALS



COMMUNITY
Meal Care

WYRE FOREST

CALL US TODAY 01384 76995 COMMUNITYMEALCARE.ORG



Letter from the Owner

Thank you for expressing an interest in our service.

Community Meal Care offers delicious home-cooked food which is served hot and plated in the home. We pride ourselves on creating nutritional and tasty British classics seven days a week at the reasonable cost of £8 which also includes delivery, a welfare check and extra assistance if needed.

There is sure to be something on offer that you will enjoy with three meal choices and other options available.

Serving Kidderminster and surrounding areas. We are a social enterprise and the money we make is reinvested to cover more of the local area.

When you wish to initiate your order please call
01384 76995

Yours Faithfully,

Sarah Andrews,
Owner, Community Meal Care



FROM OUR KITCHEN TO YOUR TABLE

It's easy to see why so many elderly residents don't eat a properly prepared meal; cold weather and decreased mobility makes going to the shops off putting whilst ailments and lack of strength make standing for long periods of time to cook uncomfortable. Further issues of dementia, sight loss, lack of appetite and increasing energy costs only seek to worsen the problem.

Our service differs from the service given by frozen meal providers; meals are freshly cooked each day in a local kitchen, attention to personal likes and dislikes can be given and a part of our service is a welfare check to ensure that your loved ones are safe and well. Additionally, for those needing more assistance we will go into the home (with a keysafe if needed) and ensure the meal is hot and get cutlery and a tray so they can tuck straight in.

Nutrition at this stage of life is extremely important. From breathing difficulties to increased risk of heart problems, not eating well can lead to a range of health issues.

The meals we provide are home-cooked British Classics perfectly suited for the elderly with smaller portions sizes, slow cooked meats and carefully selected accompaniments.

The menu is varied with plenty of choice, changing weekly and running on a four weekly rotation. Three daily specials are available to choose from along with a wide range of alternatives. We also have a choice of salads and sandwiches.

OUR MEALS



Gammon and Parsley Sauce

Unsmoked Gammon Joint slow cooked for 5 hours. Served with a creamy parsley sauce, boiled potatoes, garden peas, sliced carrots and cauliflower



Cottage Pie

- Our classic Cottage Pie is extremely hearty and so popular that we have this available everyday. Served with peas, carrots, broccoli and thick gravy.



Steak and Chips

A very popular dish.

This beef steak served with a peppercorn sauce, chips and garden peas.



Chicken Casserole

Succulent pieces of chicken and carrots simmered in a rich casserole sauce. Served with boiled potatoes, peas and broccoli.



Pork Chop

Our pork chop dinner is a hearty and tender shoulder steak of pork. Served with boiled potatoes, peas, carrots, broccoli and gravy.

Faggots

Two faggots in a rich gravy served with creamy mashed potatoes, peas and gravy. A sure winner.



Fish and Parsley Sauce

Tender white fish fillet in a creamy parsley sauce. Served with boiled potatoes, green beans, peas and sliced carrots.



Mushroom Stroganoff

Sliced mushrooms in a creamy garlic and brandy sauce. Served with long grain white rice and peas.



Fish and Chips

A timeless classic. A tender flakey fish fillet encased in a golden batter. Served with chips and garden peas



Lasagne

Minced Beef cooked in a rich tomato sauce layered between sheets of pasta and a creamy white sauce. Served with chips and peas



Sausage & Mash

Two Pork Sausages served with creamy mash, garden peas, sliced carrots, broccoli and thick gravy



Salmon Wellington

A fillet of salmon topped with a cheddar, spinach and lemon sauce wrapped in pastry. Served with boiled potatoes, peas, carrots and broccoli and parsley sauce. A firm favourite.



Steak Pie

An individual steak pie with golden puff pastry. Served with garden peas, carrots, broccoli and gravy



Cauliflower Cheese

Tender pieces of Cauliflower in a delicious cheesy sauce. Topped with more cheese and baked until golden. Served with boiled potatoes, peas and carrots.



Liver & Onions

Tender Chicken Liver with sautéed onions in a rich gravy. Served with Mash, peas and broccoli.

Roast Beef

Slow cooked Beef Joint served with roast potatoes, sprouts, carrots, broccoli, Yorkshire pudding and thick gravy.

Such a popular dish that we serve it everyday!

*everyday choice is served with boiled potatoes, peas, carrots and broccoli.



Pork Casserole

Slow cooked chunks of lean pork and vegetables in a cider casserole sauce. Served with boiled potatoes, carrots and peas



Mild Chicken Curry

Tender Chicken Strips and mushrooms cooked in a mild and fruity curry sauce. Served with rice and peas.



Chicken and Leek Bake

Diced Tender Chicken and sliced leeks simmered in a creamy sauce and baked in the oven. Served with boiled potatoes, carrots and peas and green beans.



Sausage Casserole

Tasty diced sausages in a rich tomato sauce with beans. Served with boiled potatoes, garden peas and broccoli. A real treat.



Chicken Pie

An individual pie filled with tender pieces of chicken in a light gravy in a shortcrust pastry pie. Served with mash, carrots, peas, broccoli and gravy.



Roast Turkey

Sliced tender Roast Turkey served with roast potatoes, stuffing, sprouts, carrots and broccoli.



Macaroni Cheese

Macaroni pasta in a rich and creamy cheese sauce. Served with crispy diced potatoes and garden peas.



Vegetable Chilli

Red peppers, onions, carrots, potatoes, red kidney beans and black turtle beans in a spiced tomato and chilli sauce served with long grain white rice and peas



Fish in Butter Sauce

Tender white fish fillet in a creamy butter sauce. Served with boiled potatoes, green beans, peas and sliced carrots.

Honey and Mustard Chicken

Piece of tender chicken in a sweet yet tangy honey and mustard sauce. Served with boiled potatoes, peas and broccoli.



Roast Pork

Sliced Roast Pork served with roast potatoes, stuffing, sprouts, broccoli, sliced carrots and a thick gravy



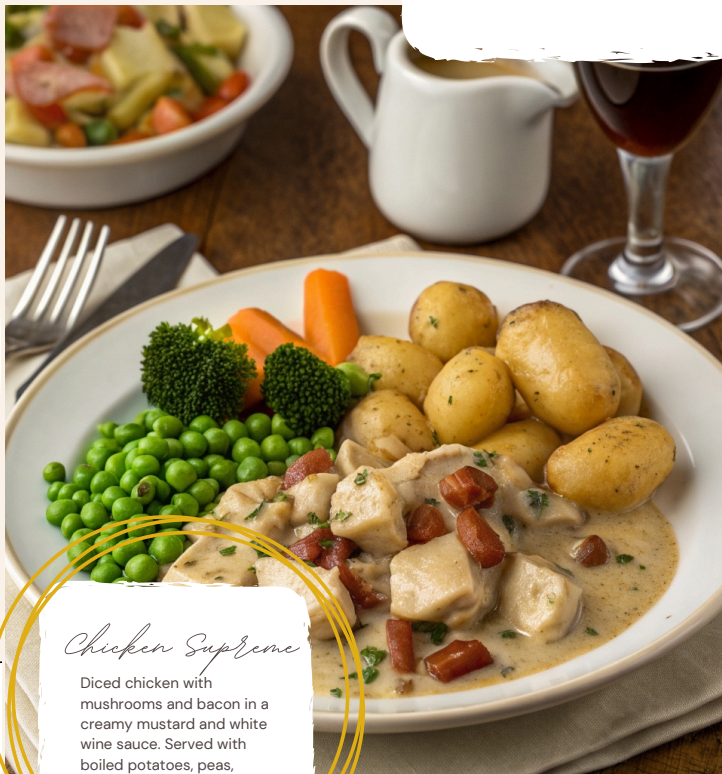
Vegetable Pasta Bake

Penne pasta cooked in a rich tomato and cream sauce, topped with cheese and baked in the oven until golden. Served with chips.



Cauliflower and Broccoli Gratin

Pieces of soft cauliflower and broccoli baked in a rice cheese sauce. Topped with cheese and a golden breadcrumb crust. Served with boiled potatoes, peas and sliced carrots.



Chicken Supreme

Diced chicken with mushrooms and bacon in a creamy mustard and white wine sauce. Served with boiled potatoes, peas, broccoli and sliced carrots



Roast Chicken

A classic. Strips of tender chicken served with roast potatoes, sprouts, broccoli, sliced carrots, stuffing and thick gravy. Such a popular dish that we serve it everyday!

*everyday choice is served with boiled potatoes, peas, carrots and broccoli.



Nut Roast

A vegetable burger made with carrot, peas, sweetcorn, onion, red pepper, green beans, leek, cauliflower and potatoes, seasoned and coated in breadcrumbs. Served with roast potatoes, sprouts, carrots and broccoli.



Mushroom Pasta

Penne pasta with sliced mushrooms in a creamy garlic and chestnut mushroom sauce. Finished with a topping of cheddar cheese. Served with chips



Leek and Bacon

A bed of sautéed leeks with a rasher of bacon. Served with a cheese sauce, boiled potatoes, peas, carrots and cauliflower.



Hunter's Chicken

Tender chicken marinated in a barbecue sauce with streaky bacon. Served with crispy diced potatoes, peas and broccoli.



prices *and how to pay*

Main Meal	£8.00
Salad/Afternoon Tea	£5.25
Sandwich	£2.00*
Pudding	£1.00*
Unreturned plates	£3.00

*Please note that sandwiches and puddings cannot be ordered on their own

Pay Monthly

Invoices, for meals already received that month, are sent at the end of the month by post or email and can be paid by cheque, bank transfer or direct debit (via GoCardless)

A monthly Direct Debit is the easiest and most reliable way to pay for your Meal services. We recommend it for three main reasons:

- 1) Convenience: you won't have to arrange payments every month;
- 2) Peace of mind: there will be no missed bills; and
- 3) Security: payments are protected by the Direct Debit Guarantee.

OUR SERVICE

Hot Meal Service

Delicious home-cooked meals on a ceramic plate and served hot in your home. Delivery is at lunchtime (11-2pm). Our friendly and DBS checked drivers will get everything you need for you to enjoy your lunch. Perfect for those who are chair or bed bound or those with dementia. Available 7 days a week.



Nutritious home-cooked meal	✓
Meal served on ceramic plate	✓
Friendly regular drivers	✓
DBS Checked drivers	✓
Go in with keysafe etc	✓
Meal served hot	✓
Make hot/cold drink	✓
Welfare Check	✓
Medication Prompt	✓
Available 7 days a week	✓
Help with grocery shopping	✓



Along with this leaflet are our four rotational menus and a calendar for the year.

OUR MEALS *and Awards*

- 1 Traditional meals are often served with **three** sides of vegetables, potatoes and gravy/sauce
- 2 Sunday Roasts are served with classic trimmings such as **Yorkshire puddings, stuffing and roast potatoes**
- 3 Meal are served by **friendly, regular drivers**, carefully selected from the local area.
- 4 Four rotational menus. Three daily specials and lots of other options available, giving **plenty of choice**.
- 5 Meal are served on a ceramic plate and can be **served hot by your driver or reheated later**.

- Commended by The Steve Morgan Foundation
- Supported by The Princes Trust
- Supported by The Coutts Foundation
- Supported by Santander as part of their Social Enterprise Growth Awards
- Supported by Margot James, MP for Stourbridge 2010–19
- Mike Holder Award for Business, given at the Dudley Mayors Awards
- Supported by several Dudley Mayors including Michael Evans, Mohammed Hanif and Pete Lee.
- Supported by the Dudley Innovation Scheme
- Supported by Dudley CVS

HOW IT WORKS

Meals to your home in easy steps

1 Choose your meals

Included with this brochure is our menu and calendar. Have a browse and pick what meals you would like to try. Remember, we have lots of other choices such as Roast Beef, Chicken, Salmon Fillet etc available everyday in addition to our three daily choices!



2 Call us on 01384 76995 or email gourmetmealcare@hotmail.com to place your order

We will need the following details to place your initial order:

- Name
- Address
- Any entry requirements
- Emergency contact details



3 Enjoy your meal in your home

Your driver will ensure your meal is hot and that you have everything needed for you to enjoy your meal.



4 Pay at the end of the month

An invoice will be sent to you or a relative and can be paid by cheque or bank transfer. If you want to make it even easier we can set up a direct debit which so your bill is automatically paid each month with no paperwork.



Allergens

We cannot guarantee that any of our dishes are free from food allergens. We advise those with food allergies or sensitivities to inquire about ingredients and preparation methods before ordering.

COMMONLY ASKED QUESTIONS

Please do not hesitate to call 01384 76995 or email gourmetmealcare@hotmail.com with any other questions you may have

* **How do I order?**

Your initial order can be made over the phone or by email, Once we have taken your first order we will leave you a paper menu to mark you choices on. This menu will be collected by your driver

* **Do I have to order every day?**

No, we are open 7 days a week (including bank holidays) but you do not have to have a meal everyday. We politely request a minimum order of two meals a week.

* **How much notice do I need to give?**

We ask for a minimum of 48 hours notice to place or cancel an order. We purchase our ingredients to order each day.

* **When will you deliver my meal?**

Our meal service delivers meals only at lunch time – from 11am until 2pm. It will be around this time on each delivery. However we must stress that this is not an allocated slot and times may vary.

* **What kind of meals do you cook?**

The majority of our meals are British Classics such as Cottage Pie, Roast Beef and Gammon and Parsley sauce however due to customer requests we now have included a few pasta and curry dishes.

* **Are you open everyday?**

Yes, we are open 7 days a week, including bank holidays. We are closed for an extended period over Christmas but offer frozen ready meals.

* **Is there a contract?**

No. We do not have a contract and there is no obligation to continue with our service. We attend only when you need us. For this reason many families use us when they are on holiday and many residents use us when they are recovering from a hospital visit. Unreturned plates are charged at £3.

* **How are meals served?**

Meals are served chilled on a ceramic plate. Your driver will reheat the meal for you. We will collect the plate on the next visit. Puddings are served in a plastic pot, which we try to reuse so please return these. We kindly request that customers have plates washed off.

COMMONLY ASKED QUESTIONS

* **How do I reheat my meal?**

Our driver will do this for you however, if you do not want it when we arrive you can reheat it yourself later. Meals should be eaten on that day, but if stored correctly in the fridge can keep for up to two days. To reheat your meal, peel the cling film of one side to allow steam to escape, set your microwave to 'High' and reheat for 2-3 minutes. Meals should be steaming throughout and over 82C.

* **Do you cover my area?**

We currently deliver to Kidderminster, Franche, Wolverley, Habberley and Walverley. However, we are always growing so please let us know if there is another surrounding area of Kidderminster you wish us to cover.

* **What do you serve with your meals?**

Meals are typically served with three sides of vegetables, potatoes and gravy/sauce. Typically our meals are served with boiled potatoes, garden peas, sliced carrots and cauliflower, broccoli or green beans. On Sunday we serve our roast dinners with roast potatoes, sprouts, carrots, broccoli, gravy and stuffing or a Yorkshire pudding. Due to limited cooking space we cannot cook any different vegetables to those being served that day however the kitchen staff will do their best to avoid serving vegetables you dislike on your meal.

* **How can I pay?**

We will set up an account for you which you will pay at the end of the month, **after you have received our meals**. This is in case you have an issue and have to go into hospital. An invoice can be left with the resident or sent to family by email and can be paid by cheque or bank transfer. We do not provide an invoice for those paying by direct debit. We can help you set up a direct debit if needed.

* **What are the main benefits of your service compared to others?**

Most other services are frozen. These frozen meals are often smaller portions than us, are produced in a factory, have additives and chemical stabilisers added to them. Our service comes with extra benefits such as an attractively presented meal, a daily welfare check and the option of extra help if needed. Community Meal Care suits a wide range of ailments that frozen meals can not such as dementia, stroke victims, sight issues and those who struggle with standing for long periods as frozen meals still require 12-15 minutes to cook in a microwave.

* **What does the Afternoon Tea comprise of?**

Our 'Afternoon Tea' is served on white or brown bread and is a selection of four small sandwiches (typically ham, cheese, chicken and corned beef) with two savoury snacks such as mini scotch egg, cocktail sausage, sausage roll or mini pork pie and two pieces of cake.
