



✦ HOT MEAL SERVICE ✦ FREE DELIVERY
✦ ESTABLISHED 2010 ✦ HOME-COOKED MEALS



COMMUNITY
Meal Care

CALL US TODAY 01384 76995 COMMUNITYMEALCARE.CO.UK

Letter from the Owner



Thank you for expressing an interest in our service.

Community Meal Care offers delicious home-cooked food which is served plated to the home. We pride ourselves on creating nutritional and tasty British classics seven days a week at the reasonable cost of £5.50 including delivery. If you or loved ones require more assistance we also provide this.

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

We currently have delivery routes in Wollaston, Norton, Stourbridge, Amblecote, Wordsley, Kingswinford, Pensnett, Brierley Hill, Sedgley, Gornal, Quarry Bank, Cradley Heath and Halesowen. 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, memory 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 check that your loved ones are safe and well. Additionally, for those needing more assistance we will go into the home (with a key safe 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.

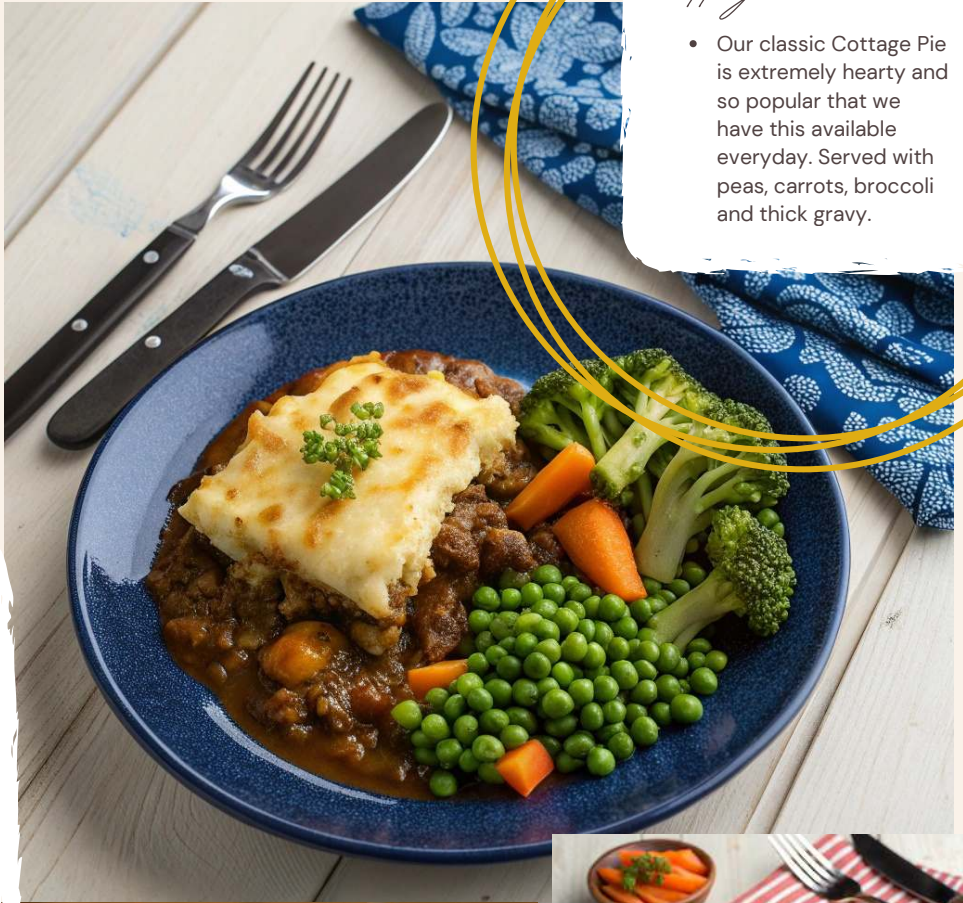
Starting at only £5.50 for a main meal delivered the service is also great value.

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.

Thin 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



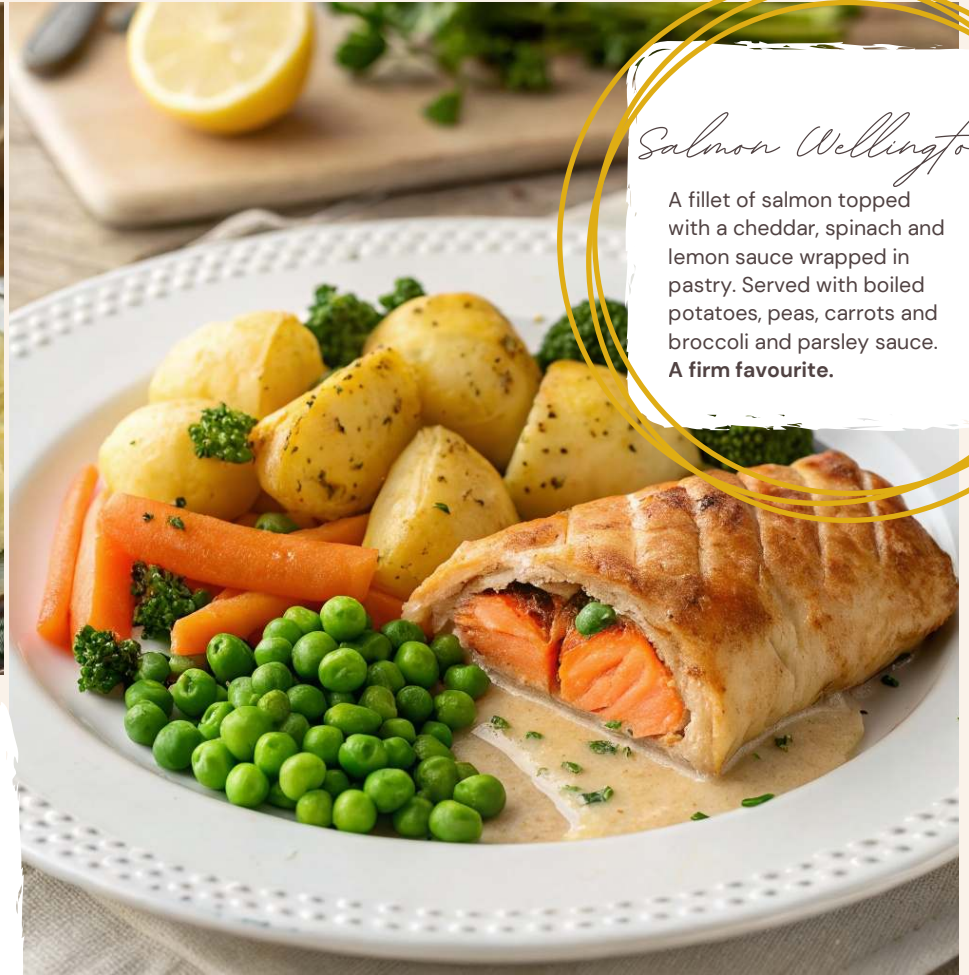
Lasagne

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



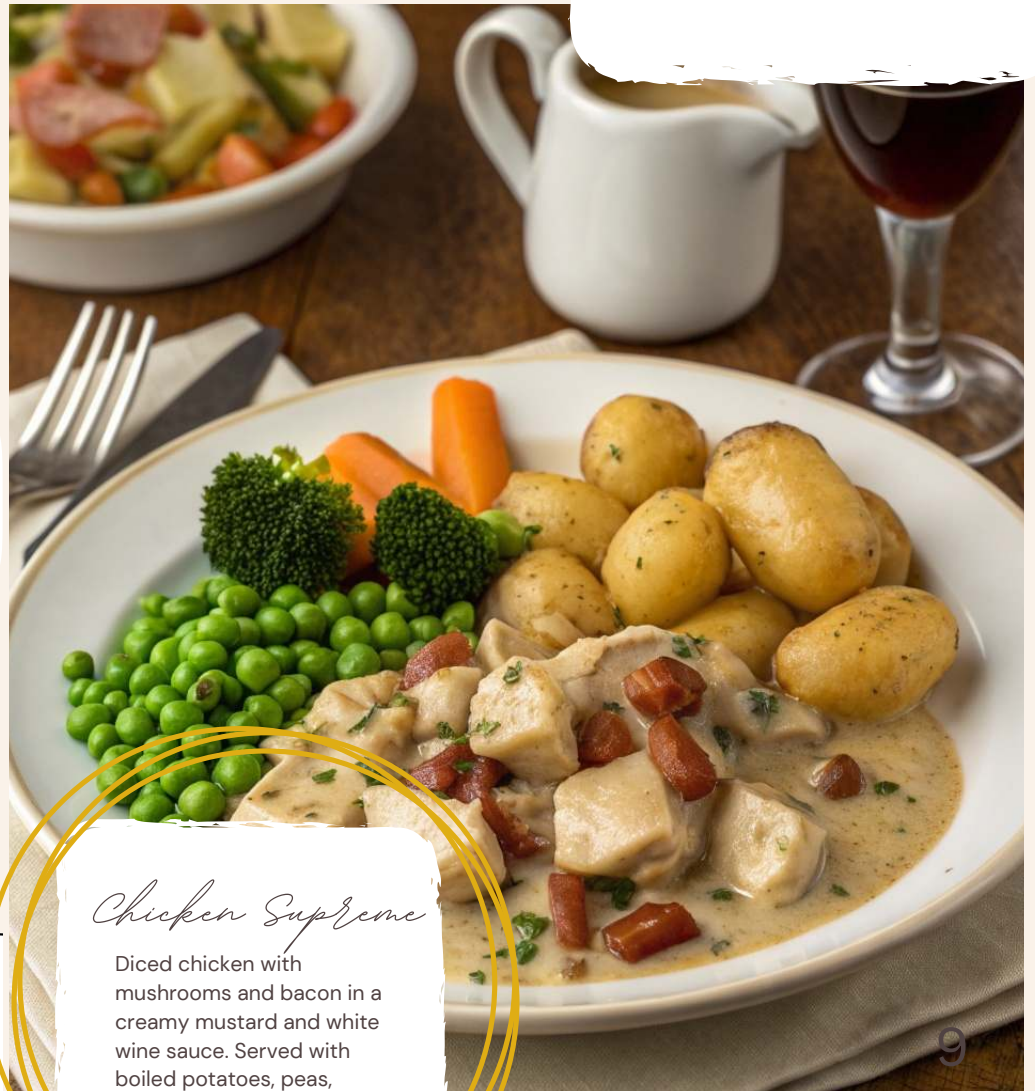
Vegetable Pasta Bake

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 chesnut 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 barbeque sauce with streaky bacon. Served with crispy diced potatoes, peas and broccoli.



prices and how to pay

Main Meal	£5.50
Table Service.....	£2.00
Salad/Afternoon Tea	£4.00
Sandwich	£1.50*
Pudding	£0.75*
Unreturned plates	£3.00

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

Paying Monthly

Our most popular method of payment.

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)

Weekly Payments

If you would rather pay as you go we accept payment at the end of the week for the meals you have received that week by cash or cheque. The amount due will be written on your order sheet.

OUR SERVICE

Whichever service you choose our delicious meals remain the same.

Standard Service

Delicious home-cooked meals selected from our weekly menu served chilled to your door on a ceramic plate. Your delivery will be on the morning between 10.30am – 1.30pm or on the afternoon between 2pm – 5pm. Perfect for those who want their meals later or have a carer. Available Monday – Friday. If meals are needed for the weekend, these will be delivered chilled on Friday.

Hot Meal Service

Delicious home-cooked meals served hot in your home. Your regular, friendly DBS checked driver will come into your home, heat your meal and make sure you have everything you need to enjoy your lunch. Delivery is at lunchtime (11am–2pm) at a time to suit you. Perfect for those who are chair or bed bound or those with dementia. Available 7 days a week.



	Hot Service	Standard
Nutritious home-cooked meal	✓	✓
Meal served on ceramic plate	✓	✓
Friendly regular drivers	✓	✓
DBS Checked drivers	✓	X
Go in with keysafe etc	✓	X
Available 7 days a week	✓	X
Meal served hot	✓	X
Welfare Check	✓	X



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 Meals are served by **friendly, regular drivers**, carefully selected from the local area. Drivers delivering meals for our hot meal service are DBS checked.
- 4 Four rotational menus. Three daily specials and lots of other options available, giving **plenty of choice**.
- 5 Meals are served on a ceramic plate and can be **served hot 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

*We offer two types of service. Our chilled service delivers chilled home-cooked meals all day for you to reheat at a time convenient to you whilst our hot service means a driver will come into the home at lunchtime and ensure your dinner is hot and get cutlery for you to tuck straight in

HOW IT WORKS

Meals to your home in 4 easy steps

1

Call us on 01384 76995 or email
info@communitymeals.co.uk to place your order

We will need the following details to place your order:

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



2

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!



3

Choose your service*

Choose if you would like to opt for our Table Service. The same delicious meals delivered at lunch time, heated for you by your driver.
N.B. The service you choose affects which round you are placed on and those opting for our table service can select a time (11.30am-1.30pm) for their meal delivery



4

Choose how you would like to pay

Payment can be made weekly by cash or cheque. The amount due will be written on your weekly menu. Alternatively it can be made monthly. An invoice will be sent to you or a relative and can be paid by cheque, bank transfer or direct debit.

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

*We offer two types of service. Our chilled service delivers chilled home-cooked meals all day for you to reheat at a time convenient to you whilst our hot service means a driver will come into the home at lunchtime and ensure your dinner is hot and get cutlery for you to tuck straight in

COMMONLY ASKED QUESTIONS

Please do not hesitate to call 01384 76995 or email info@communitymeals.co.uk 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 your 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 24 hours notice to place or cancel an order. We purchase our ingredients to order each day.

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

We have **two different levels of service**. Our chilled service delivers our plated meals chilled to your door from 11am until 5.30pm. Once we know your address we can advise on a 15 minute window and it will be around this time on each delivery. Our hot 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. If you have chosen our table service 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?**

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. If you have opted for our hot service your driver will do this for you.

* **Do you cover my area?**

We currently deliver to Wollaston, Norton, Stourbridge, Amblecote, Wordsley, Kingswinford, Pensnett, Briereley Hill, Sedgley, Gornal, Quarry Bank, Cradley Heath and Halesowen. We have plans to cover Kinver, Wolverley, Cookley and Kidderminster in the near future. However, we are always growing so please call us if there is another area you want us to deliver to.

* **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 offer weekly payment by cash or cheque. Monthly payments which are due at the end of the month, after you have received your meals and given an invoice can be paid by cheque, direct debit or bank transfer. 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 and are often more expensive than our meals. For example, Wiltshire Farm Food's 7 day selection pack is £52.54, Oakhouse Foods' BUMPER Value Pack is £55.55 for 7 days of mains and puddings whilst Community Meal Care is only **£43.75** for 7 mains and puddings and 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, 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.