



# Served by a helping hand

Meals at home is a service provided by Nottingham City Council to residents across Nottingham City. The service includes a range of hot and frozen meals delivered straight to the home.

All meals are prepared to strict hygiene and nutritional standards. All dietary requirements can be catered for and a tasty variety of different religious and cultural cuisines are available in addition to traditional dishes.

The frozen and hot meal service is extremely flexible, orders can be changed on a weekly basis and a variety of payment options are available.

# Frozen meal service

Choose from a wide variety of frozen pre prepared meals that will be delivered on a weekly basis. The delivery team will ensure that meals are properly stored and these can be reheated straight from frozen at any time, providing a delicious hot meal in the home.

Frozen meal orders can be tailored to suit you allowing you to pick certain dishes or in a variety of different packages to suit a range of budgets. Meal packs are available in 4, 5 or 7 day packages. All containers are suitable for microwave and conventional ovens.

# Hot meal service

The hot meal service is provided to residents who require hot ready to eat meals delivered to their door. Meals include a choice of main dishes and desserts, sandwiches, salads and cakes from a 5 weeks rolling menu that provides variety and value for money.

Through the hot meals service, Nottingham City Council provide the added reassurance that each dedicated member of staff has a duty of care to ensure that each recipient is safe, comfortable and benefits from regular engagement with the team.

When visiting residents, our trained staff follow strict procedures to look after the wellbeing of residents, liaise with emergency contacts and next of kin and the team have direct access to local care and emergency services.

# **Family and friends**

If you are considering using the meals at home service for a friend or relative simply get in touch with the team using the contact details below. Our friendly staff are on hand to provide you with information and support in setting up this service and ensuring that your loved one receives the right package for them.

The meals at home team will always liaise directly with a dedicated contact wherever required, giving you peace of mind as the first point of contact.

#### **Fish Dishes**

Fish in Crumbs
Fish in Cheese Sauce
Fishcakes in Parsley
Fisherman's Pie
Fish in Parsley Sauce

## **Chicken and Turkey Dishes**

Chicken & Vegetable Pie
Chicken Casserole
Chicken in Mustard Sauce
Chicken Supreme and Rice
Sliced Chicken
Sliced Turkey

#### **Beef Dishes**

Beef & Kidney Pie
Beef & Onion Pie
Beef & Veg Pie
Beef Grill in Mustard
Beef Stew
Corned Beef Hash
Corned Beef Pie
Cottage Pie
Minced Beef & Dumplings
Minced Beef & York Pudding
Minced Beef Pie
Pasta Bolognese
Sliced Beef

## **Pork Dishes**

Liver and Onions
Meatballs
Pork & Veg Casserole
Pork Burger
Sausage Mash & Beans
Sausage in Onion Gravy
Sausagemeat Pie
Sliced Gammon in BBQ Gravy
Sliced Pork

## Lamb Dishes

Lamb Grill	
Lamb Hotpot	
Minced Lamb & Dumpling	
Shepherd's Pie	

## **Vegetarian Dishes**

Cauliflower & Broccoli Bake
Cheese & Potato Pie
Cheesy Bake
Macaroni Cheese
Pasta Leak Mornay
Sweet and Sour Quorn
Veg Bolognese Pasta
Veg Cottage Pie
Veg Curry
Veg Sausage
Vegetarian Lasagne

## **Halal Meals**

Chicken and Saag
Chicken Korma
Chicken Madras
Chicken Tikka Masala
Lamb and Daal
Lamb and Potato
Lamb Balti
Lamb Karahi

## **Vegetarian Asian Meals**

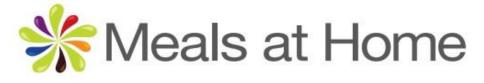
Aloo Gobi Peas with Rice	
Aloo Saag with Rice	
Cauliflower and Aubergine with Rice	
Vegetarian Masala with Rice	

## **Afro Caribbean Meals**

Chicken - Brown Stew Chicken Rice & Peas
Chicken - Jerk Chicken Rice & Peas
Chicken - Spicy Fried Chicken Rice & Peas
Chicken Curry & white rice
Lamb - Brown Stew Lamb Rice & Peas
Mutton Curry & white rice

Hot dinner and hot pudding £6 delivered.

Afro-Caribbean meal from ACNA Centre (no pudding) - £6.50 Must be ordered 48h in advance.





## Hot desserts

#### Sponges

Almond Sponge	
Apple Sponge	
Chocolate Sponge	
Coconut Sponge	
Coffee Sponge	
Ginger Sponge	
Jam Sponge	
Sticky Toffee	
Sultana Sponge	
Vanilla Sponge	

## Pie

Apple & Blackberry Pie
Mincemeat Pie
Rhubarb Pie

## Crumbles

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Apple & Apricot Crumble
Apple & Strawberry Crumble
Apple Crumble
Rhubarb Crumble

# **Rice pudding**

Rice Pudding

#### Tarts

Bakewell Tart		
Coconut Tart		

#### Other

Assorted Fruit in Custard

Hot dinner and hot pudding £6 delivered.

# **Cold desserts**

Cold Dessells	
Bramley Apple Pie & Cream	
Manchester Tart	
Sultana Cheesecake	
Chocolate mousse	
Strawberry Mousse	
Cheese & Biscuits	

#### Fruits

Cold Desserts

Apple		
Banana		
Orange		
Pear		

#### Cakes

Almond Slice
Carrot Cake
Cherry Slice
Chocolate Squares
Farmhouse Square
Fruit Scone
Lemon Squares

All cold desserts or fruits can replace hot desserts on request.

Cold dessert can be delivered as addition to the hot dinner  $- \pounds 1$  each.

Meals at Home Woolsthorpe Depot Woolsthorpe Close Nottingham NG8 3JP 0115 876 18 46, 0115 876 18 47 <u>mealsathome@nottinghamcity.gov.uk</u> www.nottinghamcity.gov.uk/mealsathome

1st July 2022





# Sandwiches

Brown Topside Beef Horseradish & Salad			
White Cheddar Cheese Slices			
White Sliced Cheddar & Tomato			
White Cheese Savoury			
White Sliced Cheddar & Onion			
Brown Cheddar Cheese Slices			
Brown Cheese Savoury			
White Coronation Chicken			
White Chicken Breast			
White Chicken Mayonnaise			
Brown Chicken Breast			
Brown Chicken Mayonnaise			
White Free Range Egg Mayonnaise			
Brown Free Range Egg Mayonnaise			
Brown Free Range Egg Mayonnaise & Tomato			
White Wiltshire Ham			
Brown Wiltshire Ham			
Brown Poached Salmon & Cucumber Sandwich			
White Tuna Mayonnaise			
Brown Tuna Mayonnaise			
All sandwiches - £1.50 Sandwiches, bread and milk			

All sandwiches - £1.50 Sandwiches, bread and milk can be only delivered in addition to dinner.

## Bread

White Sliced Loaf Wholemeal Sliced Loaf

Bread - £1.50

## Milk

Skimmed Milk Semi-skimmed Milk Whole Milk 1pt, 2pts and 4pts containers 1pt - 70p 2pt - £1.20

4pt - £1.80

# Salads

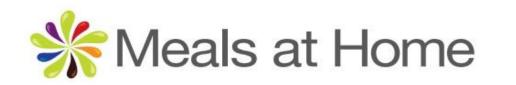
Cheese Salad				
Wiltshire Ham Salad				
Free Range Egg Mayo Salad				
Poached Salmon Salad				
Chicken Salad				
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Salad £5.50 on its own or can be delivered instead of hot dinner (with cold dessert, cake or a fruit-£6).

# Soft meals

Minced Beef in Gravy with Mashed Potato and Swede
Minced Chicken in Gravy with Mashed Potato and Swede
Minced Lamb in Gravy with Mashed Potato and Carrots

Soft (minced) meals with soft pudding (sponge in custard, rice pudding etc.) - £6





# Meals at Home

# Served by a helping hand

# The following frozen meal packs are now available

## **Favourites Pack**

7 meals and 7 desserts for £24.50

Beef & Kidney Pie Chicken & Veg Pie Minced Lamb & Dumpling Sausage in Onion Gravy Shepherd's Pie Sliced Beef Sliced Pork Apple Crumble Apple & Blackberry Pie Assosrted Fruit & Custard Orange Sponge Sticky Toffee Sponge Sultana Sponge Vanilla Sponge

## **Roast Dinners Pack**

4 roast dinner meals and 4 desserts for £16.50

Roast Beef in Gravy Roast Pork in Gravy Roast Chicken in Gravy Roast Turkey in Gravy Apple & Blackberry Pie Sticky Toffee Sponge Apple & Strawberry Crumble Vanilla Sponge

# **Economy Pack**

## 5 meals and 5 desserts for just £17

Chicken Casserole Corned beef Pie Fishcakes Sausage Mash & Beans Shepherd's Pie Apple & Blackberry Pie Rice Pudding Sticky Toffee Sponge Sultana Sponge Vanilla Sponge

Vegetarian Pack 7 meals and 7 desserts for £23.50 Meal Pack 1 at £23.50

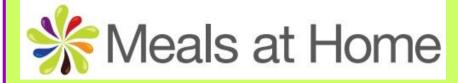
Chicken Casserole Fishcakes Lamb Hotpot Beef and Onion Pie Minced Lamb & Dumpling Sausage Mash & Beans Sliced Chicken Apple & Blackberry Pie Apple Crumble Apple Pie Rice Pudding Sticky Toffee Sponge Sultana Sponge Vanilla Sponge

## Meal Pack 2 at £23.50

Beef & Kidney Pie Beef Stew Chicken & Veg Pie Chicken Casserole Pork & Veg Casserole Shepherd's Pie Sliced Pork Apple & Apricot Crumble Apple & Blackberry Pie Apple Crumble Rice Pudding Sticky Toffee Sponge Sultana Sponge Vanilla Sponge

## Meal Pack 3 at £23.50

Chicken & Veg Pie Meatballs Minced Beef & Dumpling Sausage Mash & Beans Shepherd's Pie Sliced Beef Sliced Chicken Apple & Blackberry Pie Apple & Strawberry Crumble Apple Crumble Rice Pudding Sticky Toffee Sponge Sultana Sponge Vanilla Sponge





# Questions and answers:

Q1: What time will I get my meal? A1: We deliver between 11 am and 2 pm. The exact delivery slots is conditioned by the time when the delivery van is in your area.

Q2: Can I pay by Direct Debit?

A2: There are several payment options available including Direct Debit. In order to pay by Direct Debit we will ask you to complete and sign a Direct Debit mandate.

Q3: Why do I ned to pay a deposit?

A3: We always invoice customers one month in arrears. Therefore even if the invoice is paid on time the meals would be still delivered for aproximately another month (depends on the day of the month when service commenced).

Q4: Will I get my deposit back if I cancel my orders? A4: We will use the deposit to cover your last invoice. If the amount on the invoice is higher then your deposit we will ask you to pay the outstanding amount. If the amount on the invoice is lower then your deposit we will refund the remaining amount.