

Meals on wheels service

PLEASE CONTACT US

City care meals co-ordinators

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ALL MEALS ARE WELL BALANCED AND ACCOUNT FOR 33% OF DAILY NUTRITIONAL REQUIREMENTS. WE OFFER MEALS THAT CATER FOR LOW FAT, VEGETARIAN, DIABETIC AND GLUTEN FREE DIETS. ALLERGEN INFORMATION IS AVAILABLE.

Our caring drivers are fully trained and DBS checked, their daily visit is often an important part of a clients day.



Main meal and dessert prices from **£3.70***

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*£3.70 price is offered to customer referred via the adult health and social care team at Southampton City Council. We are happy to provide a main meal and dessert, at prices from £4.75, to anyone who wishes to use the service.

**GOOD FOOD,
GOOD SERVICE,
GOOD VALUE**

Main meal
and dessert
prices from
£3.70*

Soft and
pureed meals
are available
for those
on restricted
diets.



ABOUT US

City Catering Southampton were part of the Southampton City Council. We now operate as an independent charitable business that has welfare catering at its heart.

We provide catering in many of the city's schools and through the care meals service deliver meals to people in their homes, and offer a catering service aimed at luncheon clubs, care homes and other locations. As a non-profit making but accountable business our principle aim is to deliver excellent quality and value.

We offer
a range
of ethnic
meals.



HOW IT WORKS

Once we have been contacted via telephone or website a co-ordinator will arrange to visit you in your home to talk about what is needed and explain how the service works. If you wish we will agree a start date and allocate a driver.

The meals will then be delivered for the days you need them. On Mondays to Fridays the meals will be delivered hot, for clients who need a little more help the driver will even plate the meal. We will deliver frozen meals to be reheated over the weekend on a Friday. You will be able to choose your meals from a large menu of main course and puddings, we even offer an afternoon tea/evening snack menu. You can order for a single day or the whole week.

WEEKLY MENU

Meals are chosen from a large menu, offering over 50 choices, we ask that you complete an order form or allow us to select for you. The form is delivered and collected by your driver. Opposite is a menu a customer selected for meals they would like delivered for the week. For details and prices of ethnic and special diet meals please contact us.

MONDAY

Steak and kidney pie,
mash, swede and carrots

Rice pudding

TUESDAY

Chicken curry and rice

Pineapple in fruit juice

WEDNESDAY

Sausages and onion gravy with
mashed potato and baked beans

Chocolate sponge with chocolate sauce

THURSDAY

Pork loin and stuffing with mashed potato,
savoy cabbage and carrots

Apple pie and custard

FRIDAY

Breaded fish and chips with peas

Golden syrup sponge and custard

SATURDAY

Cauliflower and broccoli bake with
diced fried potato and sliced carrots

Orange jelly with mandarins

SUNDAY

Roast beef with roast potatoes, savoy
cabbage, carrots and Yorkshire pudding

Rhubarb crumble and custard

We also deliver an afternoon tea/evening snack bag. A choice of sandwich or toastie, cake and fruit or yoghurt is provided for £3.50

SAMPLE MENU