

FROZEN DELIVERED MEALS

GREAT FOOD | GREAT VARIETY | DIRECT TO YOU

All the dishes in this leaflet are nutritionally analysed and all are suitable for people on a normal diet. In addition the dishes have been diet coded to indicate suitability for some of the most common special dietary requirements. The key is your guide to assist as you make your choices.

If you have any questions about the dietary suitability of the dishes please contact your local office shown below.

Balanced Choice

These meals are suitable for people trying to follow a balanced and healthier diet and are particularly suitable for those with diabetes. These meals contain relatively low amounts of fat, sugar and salt and are moderate in calorie content. Hence they are also suitable for people who have high cholesterol, high blood pressure or who are overweight.

Diabetes UK recommends that people with diabetes should follow a low-fat healthy balanced diet so as to manage their weight and control blood sugar, blood pressure and cholesterol levels. Healthy eating advice is essentially the same for people with diabetes as it is for the general population. This in turn further reduces the risk of diabetes related long term complications such as heart disease.

Energy Dense

Suitable for people who would benefit from gaining weight or who struggle to finish all of their meals. These dishes contain a higher than average calorie content. They are particularly suitable for people who are underweight or have a small appetite.

Gluten Free

Suitable for people who need to avoid gluten in their meals and particularly suitable for people with Coeliac disease.

Soft

These meals are suitable for people with simple chewing difficulties or those who tire easily when eating. These dishes are easier to chew and can be mashed down if required with the back of a fork. They are typically soft or moist and can be served in small pieces.

Vegetarian

Suitable for a lacto-ovo vegetarian diet, where milk eggs and their derivatives are still consumed. The meals exclude all meat poultry, fish and ingredients derived from these items e.g. gelatine and animal rennet.

For further meal options suitable for dietary and ethnic requirements, please contact the office below:

YOUR DETAILS:

Name: Mr/Mrs/Ms: _____

Address: _____

Post Code: _____ Telephone: _____

Mobile: _____ Email: _____

For further information on Delivered Meal Services in your area, please contact the number below:

Prices may be subject to revisions and products listed may vary due to demand.
If you require this form in larger print or other formats, please call the general enquiries number below.

HOME SERVICE


QUALITY OF LIFE SERVICES

FROZEN DELIVERED MEALS

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ORDER FORM

It's simple...follow the 5 steps below and meals will be delivered to your door.

STEP ONE

Tick the best days for us to deliver frozen meals.

We will confirm when we contact you if we will be in the area on your preferred day.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

STEP TWO

Turn to the centre pages and select as many meals and sweets you wish to receive.

STEP THREE

Complete your details on the reverse of this pack.

STEP FOUR

Either phone or post your order as per the details on the reverse of this form.

STEP FIVE

Your frozen tasty meals will be delivered to your door to reheat when it is most convenient for you. Our driver will be happy to help put these away.



HOME SERVICE

sodexo
QUALITY OF LIFE SERVICES

MEALS

BREAKFAST

CODE		DIET CODE	QTY	PRICE
FC001	All Day Breakfast	ED		£3.25

FISH DISHES

FC130	Breaded Fish & Chips	BC ED		£2.80
FC131	Breaded Fish & Creamed Potato	S		£2.80
FC132	Potato & Tuna Bake	BC		£2.90
FC133	Fish Pie	BC		£2.90
FC135	Fish in Parsley Sauce	S GF		£3.00
FC136	Fish in Cheese & Chive Sauce	BC S GF		£3.00

POULTRY DISHES

FC220	Plain & Simple Chicken Breast	BS GF		£3.05
FC221	Roast Chicken with Stuffing	BC		£3.25
FC222	Chicken Casserole	BC		£2.75
FC223	Chicken Ham & Vegetable Pie	ED		£2.75
FC224	Chicken & Leek Pie	BC		£2.75
FC225	Sweet & Sour Chicken	ED		£2.90
FC226	Chicken in Mustard & Coriander Sauce	GF		£2.90
FC227	Chicken Tikka Masala	ED GF		£2.90
FC251	Turkey Bolognaise	BC S GF		£2.75
FC250	Roast Turkey in Gravy	BC GF		£3.25

BEEF DISHES

FC460	Plain & Simple Roast Beef	BC GF		£3.05
FC461	Roast Beef with Yorkshire Pudding	BC		£3.25
FC462	Beef Casserole & Dumpling	BC		£2.80
FC463	Braised Beef with Mushrooms	GF		£2.80
FC464	Beef Goulash & Dumpling	BC		£2.80
FC465	Savoury Minced Beef	S GF		£2.45
FC466	Cottage Pie	BC S GF		£2.45
FC467	Minced Beef & Onion Pie	ED		£2.45
FC468	Steak & Kidney Pie	ED		£2.80
FC469	Chilli Con Carne	GF		£2.65

PORK & HAM DISHES

FC510	Plain & Simple Roast Pork	BC GF		£3.05
FC511	Roast Pork in Gravy	GF		£3.25
FC512	Pork & Apple Casserole	BC		£2.75
FC513	Pork Sausages in Gravy	ED		£2.60

PORK & HAM DISHES (con'td)

CODE		DIET CODE	QTY	PRICE
FC514	Sausage Hotpot	ED		£2.60
FC515	Ham in Parsley Sauce	BC		£2.90
FC516	Ham in Pineapple Sauce	BC		£2.90
FC517	Faggots in Gravy	ED S		£2.90
FC518	Pork Grillsteak in Gravy	ED		£2.90

LAMB DISHES

FC620	Roast Lamb in Gravy	GF		£3.25
FC621	Lamb in Cider Sauce	BC		£3.00
FC622	Minted Lamb Mince & Dumpling	ED S		£2.90
FC623	Lamb Pie	ED		£2.90
FC624	Shepherds Pie	BC S GF		£2.90
FC626	Moroccan Lamb	BC GF		£3.00
FC628	Lambs Liver & Onions	BC		£2.90
FC629	Lamb & Kidney Casserole	BC		£2.90

VEGETARIAN DISHES

FC711	Cauliflower Cheese	V GF		£2.40
FC713	Cheese Omelette	ED S V GF		£2.50
FC714	Potato & Cheese Bake	V		£2.40
FC715	Macaroni Cheese	S V		£2.40
FC716	Macaroni Provencale	S V		£2.40
FC717	Vegetarian Sausage Casserole	BC V		£2.40
FC718	Vegetarian Sausages in Gravy	BC V		£2.40
FC719	Cheesy Vegetable Pie	ED V		£2.40
FC720	Beany Shepherds Pie	BC V GF		£2.40
FC722	Quorn Balls in Tomato Sauce	V		£2.40
FC750	Carbonara Pasta Bake	V		£2.40
FC751	Lentil Stew	V		£2.40
FC752	Soya Chilli	BC V GF		£2.40
FC753	Chickpeas & Spinach Curry	ED V GF		£2.70
FC754	Caribbean Curry	BC ED V GF		£2.70

Diet Codes Key

- BC** Balanced Choice (diabetic, low calorie, low fat)
- ED** Energy Dense (high energy)
- GF** Gluten Free
- S** Soft
- V** Vegetarian

Ethnic Meal Choices

Sodexo also offer a range of ethnic/cultural meals including Asian Halal, Asian Vegetarian, Afro-Caribbean and Kosher. If you require a special diet not included in this leaflet then please contact your local office for menus and prices.

DESSERTS

SPONGES

CODE		DIET CODE	QTY	PRICE
FC901	Vanilla Sponge in Custard Sauce	SV		£0.95
FC902	Apricot Sponge in Custard Sauce	SV		£0.95
FC903	Blackcurrant Sponge in Custard Sauce	SV*		£0.95
FC904	Ginger Sponge in Lemon Sauce	EDSV*		£0.95
FC905	Chocolate Sponge in Chocolate Sauce	SV*		£0.95
FC907	Lemon Sponge in Lemon Sauce	EDSV		£0.95
FC909	Spotted Dick & Custard	V		£0.95
FC910	Sticky Toffee Pudding in Custard Sauce	EDSV		£0.95

PIES & TARTS

FC911	Apple Pie in Custard Sauce	V		£0.95
FC913	Apricot Pie in Custard Sauce	V		£0.95
FC914	Mincemeat Pie in Custard Sauce	EDV*		£0.95
FC915	Blackcurrant Pie in Custard Sauce	V		£0.95

CRUMBLES

FC916	Apple Crumble in Custard Sauce	V		£0.95
FC917	Apricot Crumble in Vanilla Sauce	BCV		£0.95
FC918	Blackcurrant Crumble in Custard Sauce	EDV*		£0.95
FC919	Rhubarb Crumble in Custard Sauce	V		£0.95

FRUIT & CUSTARDS

FC920	Custard with Caramel Sauce	SVGF		£0.95
FC921	Pineapple Fool	BCSV		£0.95
FC922	Apple & Sultanas with Custard	BCVGF		£0.95
FC923	Peach Puree with Custard	BCVGF		£0.95
FC924	Pureed Cherries in Syrup with Custard	BCVGF		£0.95
FC925	Pureed raspberries in Syrup with Custard	BCVGF		£0.95
FC926	Prunes with Custard	BCVGF		£0.95
FC927	Rhubarb with Custard	BCVGF		£0.95
FC928	Rhubarb & Ginger Topping with Custard	BCV		£0.95

MILK PUDDINGS

FC930	Ground Rice Pudding	SVGF		£0.90
FC931	Rice Pudding	SVGF		£0.90
FC932	Rice Pudding with Apple	BCSVGF		£0.90
FC933	Rice Pudding with Apricot Puree	BCSVGF		£0.90
FC934	Rice Pudding with Peach Puree	BCSVGF		£0.90
FC935	Rice Pudding with Sultanas	VGF		£0.90

COLD DESSERTS

CODE		DIET CODE	QTY	PRICE
F7799	Crème Caramel	SVGF		£0.95
F9017	Winterberry Cheesecake	EDSV		£0.95
F9021	Strawberry Trifle	SV		£0.95
F9030	Strawberry Cheesecake	SV		£0.95
F9031	Triple Chocolate Trifle	SVGF		£0.95
F9032	Tiramisu	SV		£0.95
F9033	Strawberry Shortcake Sundae	V		£0.95
F9033	Banoffee Pie	SV		£0.95
F9038	Chocolate Brownie Dessert	V		£0.95

MENU PACKS

A great way of trying our service is to select one of our Menu Packs.

MENU PACK 1 - £26.00

Roast Beef	Apple Pie & Custard
Steak & Kidney Pie	Chocolate Sponge & Chocolate Sauce
Roast Pork	Rice Pudding
Chicken & Leek Pie	Rhubarb Crumble & Custard
Chicken Casserole	Apricot Crumble & Custard
Shepherds Pie	Apples & Sultanas with Custard Sauce
Fish & Chips	Fruit Trifle

MENU PACK 2 - £26.00

Beef Casserole	Apricot Pie & Custard
Lambs Liver & Onions	Mincemeat Pie & Vanilla Sauce
Roast Chicken & Stuffing	Lemon Sponge & Lemon Sauce
Roast Lamb	Rice Pudding & Sultanas
Ham & Pineapple	Apple Crumble & Custard
Potato & Cheese Bake	Prunes & Custard
Beef Casserole & Dumplings	Blackcurrant Cheesecake

All Main meals are provided with a wide selection of vegetables – full details are contained in the Sodexo Home Service catalogue or are available by contacting the number shown on the reverse of this order form.

All hot desserts except those marked with * are suitable for diabetics.