



GOURMET

Meal Care

01384 376915

www.gourmetmealcare.co.uk



Thank you for expressing an interest in our service.

Gourmet Meal Care offers delicious home-cooked food which is served hot and plated to the home every lunch time. We pride ourselves on creating nutritional and tasty British classics made with fresh ingredients at the reasonable cost of £5, including delivery.

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

We currently have delivery routes in Wollaston, Norton, Stourbridge, Amblecote, Wordsley, Kingswinford, Pensnett, Brierley Hill, Himley, 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 borough, if you have an area you would like us to cover please let us know.

When you wish to initiate your order please call 01384 376915.

Yours Faithfully,

Sarah Freeman

Sarah Freeman
Managing Director, Gourmet 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 prices only seek to worsen the problem.

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

The meals we provide are home-cooked British Classics perfectly suited for the elderly with **smaller portion 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 choice for an evening snack and sandwiches.

At only **£5 for a hot meal delivered** the service is also great value.

COST

Two Course British Meal, Served Hot for Only £5.50

Price List (including delivery)

Hot Main Meal	£5.00
Evening Snack/ Afternoon Tea	£2.50
Sandwich (white or brown bread)	£1.50
Pudding	£0.50

***Please note that evening snacks, puddings and sandwiches cannot be ordered on their own.**

PAYMENT

Weekly.

Invoices for meals **received that week** are issued on Wednesday and money is collected on Thursday along with next week's order.

Monthly.

Payment is taken after you have received your meals.

Invoices are issues at the end of each month and can be settled by cheque or bank transfer



Please call 01384 376915 to place your initial order.

Once you have placed your first order you will be given a menu sheet to mark your choices on.

This menu sheet will be collected from you weekly.

MEALS

Along with this leaflet are our four rotational menus so you can see the types of food we produce.

- ✓ Three choices each day with other options available.
- ✓ Every meal includes three sides of vegetables and potatoes.
- ✓ Roasts with classic trimmings, like Yorkshire puddings, stuffing and roast potatoes.
- ✓ Meals are served hot and plated. Ask your driver if you'd like it hotter
- ✓ Friendly, regular drivers, carefully selected from the local area
- ✓ Four rotational menus so you don't get bored with your meals
- ✓ Slow cooked meats in bite-size chunks
- ✓ Meals are safe to reheat later

Awards

Gourmet Meal Care is a social enterprise whose contribution to the community has been recognised since its inception by many organisations such as:

- Morgan Foundation
- The Princes Trust
- Coutts Foundation
- Santander Social Enterprise Growth Awards
- Dudley Innovation Scheme
- Margot James MP

“*Afraid of cooking and lacking motivation my mother had been existing on a self-imposed, inadequate diet of cereal, cup a soup and the odd biscuit. Then, thankfully, we found Gourmet Meal Care, who came to our aid. The varied menu easily accommodates her tastes and the quantities are just right for her appetite. We are reassured that she now has a balanced diet, and the regular meal deliveries also provide her with much-needed daily social contact, plus the bonus of a daily check for us that she is well, safe and secure.*”

Mr Cooper, on behalf of Mrs Robbins, Netherton

QUESTIONS & ANSWERS.



How do I order?

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



How can I pay?

We accept weekly payments by cash or cheque or alternatively you can pay monthly at the end of each month for meals already received. Monthly invoices are settled by cheque or bank transfer.



What areas do you cover?

We currently deliver to Wollaston, Norton, Stourbridge, Amblecote, Wordsley, Kingswinford, Pensnett, Brierley Hill, Himley, Sedgley, Gornal, Quarry Bank, Cradley Heath and Halesowen. However, we are always growing so please call us.



What kind of meals do you produce?

The majority of our meals are British classics however due to customer requests we now have included a few pasta and curry dishes.



How do I reheat meals?

Meals delivered hot should be eaten on delivery. Chilled should be reheated until steaming hot throughout.



Do I have to order everyday?

No. We only require a minimum order of two meals a week.



Am I tied into a contract?

No, we are flexible to your needs and we help many residents who may just need time after coming out of hospital or while relatives are away.

MORE QUESTIONS & ANSWERS.



How are meals served?

Meals are served ready plated so there is no need to rearrange meals from a ready meal container. Our meals are served hot, however you can reheat later at a time more convenient to yourself.



Do I need to wash plates?

We kindly request that customers have their plates and bowls clean and ready for collection. However we appreciate that this may be difficult for some and we do have a dishwasher at the kitchen.



How much notice do I need to give?

We ask for a minimum of 24 hours notice to place an order to ensure we have enough ingredients in stock as we only purchase goods to order.



What if I no longer need your meals?

We do not have a contract and there is no obligation to continue with our service. However if you do wish to cancel please let us know so we can arrange collection of your plate.



I can only eat certain vegetables; will you cook these for me?

Unfortunately, due to limited cooking space we cannot cook any different vegetables than those being served that day.



Can I use you only for holiday cover?

Yes, of course. We only ask that you do not book us in advance as we work on a weekly basis and do not have calendar facilities to remind us of upcoming holidays/appointments etc.

