

# MEALS DIRECT

Delivered straight to your door



## Menu Choice Planner

---

Please pass this form back to the delivery staff once completed or post to: **Catering Services** - Caerphilly CBC, Penallta House, Tredomen Park, Ystrad Mynach, Hengoed, CF82 7PG or email to: [meals@caerphilly.gov.uk](mailto:meals@caerphilly.gov.uk)

A greener place to live, work and visit  
Man gwyrdach i fyw, gweithio ac ymweld



# Meals Direct - Dietary Information

---

Caerphilly Catering Meals Direct delivers hot, tasty and nutritious meals to residents who live within Caerphilly borough. The following menu planner has been designed to incorporate a three choice menu. We also cater for variety of dietary needs.

The menu offers traditional freshly prepared meals that suit all tastes. We offer great value for money with our two course meals delivered to your door, by our friendly team of delivery staff.

**Our hot fresh meals are available:  
Monday – Friday between 11am & 2pm**

If you would like a meal for the weekend we offer the option of a two course frozen meal.  
Please see page **12** to make your choices.

If you require assistance to fill in your menu choices please speak to your delivery staff that will be happy to help.

**Once completed please return  
by one of the following method;**

- 1 email:** [Meals@caerphilly.gov.uk](mailto:Meals@caerphilly.gov.uk)
- 2 Post to:** Catering Services, Caerphilly CBC,  
Penalta House, Tredomen Park, Ystrad Mynach,  
Hengoed, CF82 7PG
- 3 Return to your delivery staff.**

## Contact Us:

- Amendment to contact details.
- Billing enquiries.

**Tel: 01443 864055**

## We require 48 hours notice for any of the following:

- If you need to cancel your delivery.  
*(Any requests to cancel less than **48 hours** notice will incur the **FULL** cost of the meal).*
- If you wish to cancel your Meals Direct Service, you will need to give us 48 hours notice.  
*(If we are informed of a cancellation with less than **48 hours** notice you will still be charged. For example if you inform us that you wish to cancel your service on Tuesday, the cancellation will take effect on Thursday).*
- To change your menu choices.
- Changes to your service details.

If we call to your home to deliver a meal and do not receive an answer for two consecutive days we will cancel your meal until we hear back from you. Please note we are unable to personalise meals to suit individual likes and dislikes.

***All non delivered meals will be charged for in full.***

***Caerphilly Catering Services reserve the right to change products subject to availability.***

A greener place to live, work and visit  
Man gwyrdach i fyw, gweithio ac ymweld



# Application Form

---

***Please complete the following details for the individual who will be receiving the service.***

## ***Section A: Personal Details***

*Full Name of client:*

---

*Address:*

---

---

*Postcode:*

---

*Home number:*

---

*Mobile No:*

---

*Date of birth:*

---

---

## ***Section B: Next of Kin information***

*Name:*

---

*Address:*

---

---

*Postcode:*

---

*Home number:*

---

*Mobile No:*

---

*Relationship to client:*

---

---

## ***Section C: Emergency contact (Contact if unable to deliver a meal)***

*Name:*

---

*Home number:*

---

*Mobile No:*

---

*Relationship to client:*

---

---

## Section D: Payee Details

Name:

Address:

Postcode:

Contact details:

Relationship to client:

**Payment can be made by the following method. ✓ Tick the preferred method**

Direct Debit

Online

Telephone

Online Payment: **[www.caerphilly.gov.uk](http://www.caerphilly.gov.uk)**

Full payment is required for the service within 28 days of receiving the Statement of charges. **Meals will be stopped if no payment is received.**

## Section E: Allergen Information ✓ Tick box required.

**Do you have any of the following allergies.**

Milk

Mustard

Celery

Cereal containing gluten

Soya

Molluscs

Peanuts

Sulphur dioxide

Eggs

Fish

Nuts

Crustaceans

Lupin

Sesame seeds

## Section F: Additional Information ✓ Tick box required.

Soft Diet

Hearing Impairment

No

Do you have any pets

Pureed Meal

Visual Impairment

Sheltered Housing

Cut Up Meal

Mobility Difficulty

Key Safe

Are there any access restrictions to the property

Key Safe Number

# Week 1

Please select ONE Main Meal & ONE Dessert choice for each day.

## Monday - Main Meal *Tick One* ✓



Pork Faggots in Gravy



Quorn Sausage



Pork Sausage



Cheese Omelette

**All Main meals served with:** Mash Potatoes and Mushy Peas.

## Dessert *Tick One* ✓



Toffee Apple  
Crumble with Custard



Fruit  
Option



Yoghurt

## Tuesday - Main Meal *Tick One* ✓



Lamb Stew



Quorn Stew



Pork Sausage



Cheese Omelette

**All main meals served with:** Potatoes Swirls, Carrots and Peas.

## Dessert *Tick One* ✓



Chocolate Gateau



Fruit  
Option



Yoghurt

## Wednesday - Main Meal *Tick One* ✓



Turkey and Gravy



Quorn in Gravy



Pork Sausage



Cheese Omelette

**All main meals served with:** Roast & Boiled Potatoes Carrots & Sprouts

## Dessert *Tick One* ✓



Chocolate Sponge  
with Custard



Fruit  
Option



Yoghurt

# Week 1

Please select ONE Main Meal & ONE Dessert choice for each day.

## Thursday - Main Meal *Tick One* ✓



Steak Lattice and Gravy



Macaroni Cheese



Pork Sausage



Cheese Omelette

**All main meals served with:** Boiled Potatoes and Country Mixed Vegetables.

## Dessert *Tick One* ✓



Rice Pudding



Fruit Option



Yoghurt

## Friday - Main Meal *Tick One* ✓



Breaded Fish and Parsley Sauce



Vegetable and Cheese Bakes



Pork Sausage



Cheese Omelette

**All main meals served with:** Mash Potatoes and Peas.

## Dessert *Tick One* ✓



Egg Custard Tart



Fruit Option



Yoghurt

## Sandwiches *Available daily - Tick choices* ✓



White bread



Brown bread

Plain Cheese

Plain Ham

Chicken Tikka

Cheese & Pickle

Ham & Tomato

Coronation Chicken

Cheese & Tomato

Egg Mayonnaise

Tuna Mayonnaise

Mixed Cheese & Spring Onion

Chicken & Sweetcorn Mayonnaise

**Frozen Meals & Frozen Desserts also available** (see page 12).



Vegetarian



Vegan and medical diets available on request.

# Week 2

Please select ONE Main Meal & ONE Dessert choice for each day.

## Monday - Main Meal *Tick One* ✓



Mince Beef Pie and Gravy



Veggie Mince Pie



Pork Sausage



Cheese Omelette

**All main meals served with:** Mash Potatoes, Diced Swede and Sprouts.

## Dessert *Tick One* ✓



Red Cherry  
Crumble with Cream



Fruit  
Option



Yoghurt

## Tuesday - Main Meal *Tick One* ✓



Sausage and Gravy



Glamorgan Sausage



Pork Sausage



Cheese Omelette

**All main meals served with:** Mash Potatoes and Mushy Peas.

## Dessert *Tick One* ✓



Jam & Cream Scone



Fruit  
Option



Yoghurt

## Wednesday - Main Meal *Tick One* ✓



Sliced Beef, Yorkshire  
Pudding and Gravy



Quorn Fillet



Pork Sausage



Cheese Omelette

**All main meals served with:** Roast & Mash Potatoes, Swede and Cabbage.

## Dessert *Tick One* ✓



Syrup Sponge  
with Custard



Fruit Option



Yoghurt



# Week 2

Please select ONE Main Meal & ONE Dessert choice for each day.

## Thursday - Main Meal *Tick One* ✓



Chicken in Gravy



Quorn In Gravy



Pork Sausage



Cheese Omelette

**All main meals served with:** Boiled Potatoes, Sprouts and Carrots.

## Dessert *Tick One* ✓



Profiteroles



Fruit Option



Yoghurt

## Friday - Main Meal *Tick One* ✓



Crispy Haddock



Quorn Sausage



Pork Sausage



Cheese Omelette

**All main meals served with:** Savoury Herb Diced Potatoes, and Peas.

## Dessert *Tick One* ✓



Fruit in Jelly with Cream Swirl



Fruit Option



Yoghurt

## Sandwiches *Available daily - Tick choices* ✓ White bread Brown bread

Plain Cheese

Plain Ham

Chicken Tikka

Cheese & Pickle

Ham & Tomato

Coronation Chicken

Cheese & Tomato

Egg Mayonnaise

Tuna Mayonnaise

Mixed Cheese & Spring Onion

Chicken & Sweetcorn Mayonnaise

## Frozen Meals & Frozen Desserts also available (see page 12).

Vegetarian

Vegan and medical diets available on request.

# Week 3

Please select ONE Main Meal & ONE Dessert choice for each day.

## Monday - Main Meal *Tick One* ✓



Beef Lasagne



Quorn Sausage



Pork Sausage



Cheese Omelette

**All main meals served with:** Savoury Herb Diced Potatoes and Peas.

## Dessert *Tick One* ✓



Rhubarb & Orange  
Crumble with Custard



Fruit  
Option



Yoghurt

## Tuesday - Main Meal *Tick One* ✓



Chicken Casserole



Sausage Casserole



Pork Sausage



Cheese Omelette

**All main meals served with:** Boiled Potatoes, Peas and Carrots.

## Dessert *Tick One* ✓



Welsh Cakes



Fruit Option



Yoghurt

## Wednesday - Main Meal *Tick One* ✓



Roast Pork and Gravy



Quorn Fillet



Pork Sausage



Cheese Omelette

**All main meals served with:** Roast & Boiled Potatoes Cauliflower & Broccoli

## Dessert *Tick One* ✓



Apple Tart  
with Cream



Fruit Option



Yoghurt

# Week 3

Please select ONE Main Meal & ONE Dessert choice for each day.

## Thursday - Main Meal *Tick One* ✓

 Corned Beef Pie and Gravy	 Broccoli and Cauliflower grill <input checked="" type="checkbox"/>
 Pork Sausage	 Cheese Omelette <input checked="" type="checkbox"/>

**All main meals served with:** Boiled Potatoes & Country Mixed Vegetables.

## Dessert *Tick One* ✓

 Strawberry Cheesecake <input checked="" type="checkbox"/>	 Fruit Option <input checked="" type="checkbox"/>	 Yoghurt <input checked="" type="checkbox"/>
--	--	---

## Friday - Main Meal *Tick One* ✓

 Battered Fish	 Vegetable Nuggets <input checked="" type="checkbox"/>
 Pork Sausage	 Cheese Omelette <input checked="" type="checkbox"/>

**All main meals served with:** Savoury Herb Diced Potatoes and Peas.

## Dessert *Tick One* ✓

 Jam Doughnut <input checked="" type="checkbox"/>	 Fruit Option <input checked="" type="checkbox"/>	 Yoghurt <input checked="" type="checkbox"/>
--	---	--

## Sandwiches *Available daily - Tick choices* ✓ White bread Brown bread

<input type="checkbox"/> Plain Cheese <input checked="" type="checkbox"/>	<input type="checkbox"/> Plain Ham	<input type="checkbox"/> Chicken Tikka
<input type="checkbox"/> Cheese & Pickle <input checked="" type="checkbox"/>	<input type="checkbox"/> Ham & Tomato	<input checked="" type="checkbox"/> Coronation Chicken
<input type="checkbox"/> Cheese & Tomato <input checked="" type="checkbox"/>	<input type="checkbox"/> Egg Mayonnaise <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> Tuna Mayonnaise
<input checked="" type="checkbox"/> Mixed Cheese & Spring Onion <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> Chicken & Sweetcorn Mayonnaise	

**Frozen Meals & Frozen Desserts also available** (see page 12).

Vegetarian

Vegan and medical diets available on request.

# Frozen Menu options

**V** Vegetarian

## Frozen Meals

	Please tick ✓	Quantity
Sausages in Gravy	<input type="checkbox"/>	<input type="checkbox"/>
Fisherman's Pie	<input type="checkbox"/>	<input type="checkbox"/>
Breaded Fish & Chips	<input type="checkbox"/>	<input type="checkbox"/>
Chicken in Gravy	<input type="checkbox"/>	<input type="checkbox"/>
Lamb in Gravy	<input type="checkbox"/>	<input type="checkbox"/>
Turkey in Gravy	<input type="checkbox"/>	<input type="checkbox"/>
Pork in Gravy	<input type="checkbox"/>	<input type="checkbox"/>
Cottage Pie	<input type="checkbox"/>	<input type="checkbox"/>
Beef with Roast Potatoes	<input type="checkbox"/>	<input type="checkbox"/>
All Day Breakfast	<input type="checkbox"/>	<input type="checkbox"/>
Curry Chicken & Rice	<input type="checkbox"/>	<input type="checkbox"/>
Corned Beef Hash	<input type="checkbox"/>	<input type="checkbox"/>
Shepherds Pies	<input type="checkbox"/>	<input type="checkbox"/>
Fish In Parsley Sauce	<input type="checkbox"/>	<input type="checkbox"/>
Sausages in Gravy	<b>V</b> <input type="checkbox"/>	<input type="checkbox"/>
Cottage Pie	<b>V</b> <input type="checkbox"/>	<input type="checkbox"/>
Omelette, Chips & Beans	<b>V</b> <input type="checkbox"/>	<input type="checkbox"/>
Macaroni Cheese	<b>V</b> <input type="checkbox"/>	<input type="checkbox"/>
Cheese & Onion Pie	<b>V</b> <input type="checkbox"/>	<input type="checkbox"/>
Vegetable Curry & Rice	<b>V</b> <input type="checkbox"/>	<input type="checkbox"/>
Cauliflower & Broccoli Bake	<b>V</b> <input type="checkbox"/>	<input type="checkbox"/>
Mushroom, Leek & West Country Cheddar Bake	<b>V</b> <input type="checkbox"/>	<input type="checkbox"/>

## Desserts

	Please tick ✓	Quantity
Apple Pie & Custard	<input type="checkbox"/>	<input type="checkbox"/>
Rice Pudding	<input type="checkbox"/>	<input type="checkbox"/>
Choc Chip Sponge & Chocolate Sauce	<input type="checkbox"/>	<input type="checkbox"/>
Lemon Sponge & Custard	<input type="checkbox"/>	<input type="checkbox"/>
Apple Crumble & Custard	<input type="checkbox"/>	<input type="checkbox"/>
Treacle Tart & Custard	<input type="checkbox"/>	<input type="checkbox"/>
Stewed Apples & Custard	<input type="checkbox"/>	<input type="checkbox"/>
Summer Fruit Crumble & Custard	<input type="checkbox"/>	<input type="checkbox"/>
Bread & Butter Pudding & Custard	<input type="checkbox"/>	<input type="checkbox"/>

## Delivery Date:

Please tick ✓

<b>Monday</b>	<input type="checkbox"/>
<b>Tuesday</b>	<input type="checkbox"/>
<b>Wednesday</b>	<input type="checkbox"/>
<b>Thursday</b>	<input type="checkbox"/>
<b>Friday</b>	<input type="checkbox"/>