



# MEALS DIRECT

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## Menu Choice Planner

Delivered straight to your door



# Meals Direct - Dietary Information

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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.***

# Application Form

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

## **Section A: Personal Details**

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*Full Name of client:*

*Address:*

*Postcode:*

*Home number:*

*Date of birth:*

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

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*Name:*

*Address:*

*Postcode:*

*Home number:*

*Mobile No:*

*Relationship to client:*

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

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*Name:*

*Home number:*

*Mobile No:*

*Relationship to client:*

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## Section D: **Payee Details**

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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.**

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

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**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

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

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Yes No

Yes No

Soft Diet

Hearing Impairment

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:** Boiled Potatoes and Country Mixed Vegetables.

## Dessert *Tick One* ✓

Rice Pudding

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



Fruit



Yoghurt



Crumble with Custard

Option

## 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 & Cauliflower grill

Pork Sausage

Cheese Omelette

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

## Dessert *Tick One* ✓

Strawberry Cheesecake

Fruit Option

Yoghurt

## Friday - Main Meal *Tick One* ✓

Battered Fish

Vegetable Nuggets

Pork Sausage

Cheese Omelette

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

## Dessert *Tick One* ✓

Jam Doughnut

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.

# Frozen Menu options

**V** Vegetarian

## Frozen Meals

Please tick ✓ Quantity

Sausages in Gravy

Fisherman's Pie

Breaded Fish & Chips

Chicken in Gravy

Lamb in Gravy

Turkey in Gravy

Pork in Gravy

Cottage Pie

Beef with Roast Potatoes

All Day Breakfast

Curry Chicken & Rice

Corned Beef Hash

Shepherds Pies

Fish In Parsley Sauce

Sausages in Gravy

**V**

Cottage Pie

**V**

Omelette, Chips & Beans

**V**

Macaroni Cheese

**V**

Cheese & Onion Pie

**V**

Vegetable Curry & Rice

**V**

Cauliflower &

Broccoli Bake

**V**

Mushroom, Leek & West

Country Cheddar Bake

**V**

## Desserts

Please tick ✓ Quantity

Apple Pie  
& Custard

Rice Pudding

Choc Chip Sponge  
& Chocolate Sauce

Lemon Sponge  
& Custard

Apple Crumble  
& Custard

Treacle Tart  
& Custard

Stewed Apples  
& Custard

Summer Fruit  
Crumble & Custard

Bread & Butter  
Pudding & Custard

## Delivery Date:

Please tick ✓

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**