

MEALS ON WHEELS

BY SIMPLY DELICIOUS

STARTING FRIDAY 20TH MARCH WE WILL BE SERVING THE ELDERLY AND VULNERABLE THAT ARE ISOLATING, MEALS DELIVERED TO THEIR DOOR, WITH SAFE PRACTICES AND MINIMAL CONTACT.

THERE WILL BE FOOD AVAILABLE FOR 2 MEALS EACH DAY FOR EVERY DAY OF THE WEEK, BUT DELIVERED 3 DAYS A WEEK. WE CAN DELIVER ON A MONDAY, WEDNESDAY AND FRIDAY. THERE WILL BE A HOT MAIN COURSE & A COLD SOUP (TO BE REHEATED) FOR EACH DELIVERY DAY. IF YOU WISH TO ADD ON A COLD REHEATABLE MEAL & SOUP FOR THE NON-DELIVERY DAYS, THIS IS ALSO AVAILABLE.

TO KEEP COSTS DOWN AND LESS FUEL BEING USED WE ARE ONLY DELIVERING 3 DAYS A WEEK.

IT IS A SET MENU, FOR ORDERING PURPOSES, BUT IF THERE ARE VEGETARIANS AND GLUTEN / DAIRY INTOLERANCES THESE CAN STILL BE CATERED FOR, I WILL JUST NEED INFORMING IN GOOD TIME.

WE WILL BE AIMING AT DELIVERING BETWEEN 11AM AND 12. I HAVE HOT INSULATED UNITS THAT WILL KEEP FOOD HOT WHILST DELIVERING, I NOW HAVE A SUPPLY OF SANITIZER TO KEEP US SAFE. WE WILL BE DOING A DOORSTEP DELIVERY, WITH AN ARRANGEMENT IN PLACE FOR HOW PAYMENTS WILL BE MADE. SAFEST WAY WILL BE BY BANK TRANSFER, BUT IF CASH IS NEEDED THIS WILL BE LEFT AT THE DOOR FOR US. IF SOME PEOPLE ARE LESS ABLE WE WILL BE TAKING A REGULARY

SANITIZED FOLDING TABLE FOR YOU TO COLLECT THE FOOD
OFF AND PUT THE MONEY DOWN.
THIS SEEMS THE BEST WAY FOR US ALL TO HAVE MINIMAL
CONTACT AND A SAFE DISTANCE.

SO, FOR THE PRICING

A MAIN COURSE IS £2.75

A MAIN & SOUP IS £3.75

THEREFORE

IF YOU OPT FOR MONDAY, WEDNESDAY AND FRIDAY
DELIVERIES BUT NO EXTRA MEALS FOR THE NON-DELIVERY
DAYS

THIS WILL COST YOU

MAIN ONLY £8.25

MAIN & SOUP £ 11.25

IF YOU OPT IN FOR THE NON-DELIVERY DAYS TOO THIS WILL BE
MAIN ONLY £19.25

MAIN & SOUP £26.25

AS I WORK FROM HOME MY OVERHEADS AREN'T AS LARGE AS
OTHER LOCAL BUSINESS, I'M ALSO NOT TRYING TO MAKE MY
FORTUNE FROM THE VULNERABLE, JUST A BIT OF GOOD
KARMA!

SO PLEASE GET IN TOUCH VIA MY FACEBOOK PAGE IF YOU REQUIRE
ASSISTANCE ON [WWW.FACEBOOK.COM/SIMPLYDELICIOUSBENTHAM](https://www.facebook.com/simplydeliciousbentham)

OR CALL ME, Mandy ON 015242 61525 (YOU CAN LEAVE A MESSAGE AND I
WILL CALL YOU BACK.)

THE MENU IS AS FOLLOWS FOR NOW, BUT EVERY THURSDAY I WILL RELEASE AN EDITED MENU FOR THE FOLLOWING WEEK.

MONDAY DELIVERY DAY!

MAIN COTTAGE PIE
SOUP VEGETABLE

TUESDAY (ADD ON FOR MONDAY DELIVERY)

MAIN CHICKEN CASSEROLE
SOUP TOMATO & BASIL

WEDNESDAY. DELIVERY DAY!

MAIN SAUSAGE & MASH
SOUP MINISTRONE

THURSDAY (ADD ON FOR WEDNESDAY DELIVERY)

MAIN LASAGNE
SOUP CREAMY VEGETABLE

FRIDAY DELIVERY DAY!

MAIN PIE, MASH & PEAS (WILL VARY WHICH KIND)
SOUP RED PEPPER & SWEET POTATO

SATURDAY (ADD ON FOR FRIDAY DELIVERY)

MAIN BEEF CASSEROLE
SOUP CREAMY MUSHROOM

SUNDAY (ADD ON FOR FRIDAY DELIVERY)

MAIN CREAMY CHICKEN & BACON BAKE
SOUP CARROT & LENTIL