

Community meals

in South Gloucestershire

The hot meals delivery service you can **trust**



Affordable, freshly cooked hot meals **delivered direct to your home**

integra.
your community


South Gloucestershire
Council

As part of ongoing commitments to our customers, we've made some improvements to our community meals service

The past few months have been a very busy time for us because of the Covid-19 pandemic, with a large increase in the numbers of customers signing up for our service. We've taken this opportunity to make some changes to our menu which we hope you'll enjoy.

We have replaced our traditional menu with a version that has three meal options to choose from, which includes a jacket potato option. **We also offer some breakfast and tea options. Contact our team to find out more details.** This gives more choice, as well as being more cost effective, with less wastage from any additional meals not required.



We have a **new** 4 week rolling menu

Choose the days you would like a meal delivered and make your choice of main meal by ticking the relevant box(es). Please also indicate if you would like a tea meal for the same day or a breakfast delivered for the following day.

If you need help, contact our friendly team on ☎ **01454 865996**.



How to order from our new menu

WEEK 1							
Option	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	<input type="checkbox"/> Chicken casserole	<input type="checkbox"/> Cottage pie	<input type="checkbox"/> Sausages in onion gravy	<input type="checkbox"/> Roast chicken and stuffing	<input type="checkbox"/> Fisherman's pie	<input type="checkbox"/> Minted minced lamb pie with shortcrust pastry	<input type="checkbox"/> Roast gammon and Yorkshire pudding
2	<input type="checkbox"/> Vegetable pasta bake	<input type="checkbox"/> Quorn cottage Pie	<input type="checkbox"/> All day vegetarian breakfast	<input type="checkbox"/> Vegetarian sausages and onion gravy with Yorkshire pudding	<input type="checkbox"/> Macaroni cheese	<input type="checkbox"/> Spanish omelette	<input type="checkbox"/> Quorn Wellington
3	<input type="checkbox"/> Jacket potato with tuna mayonnaise and salad	<input type="checkbox"/> Jacket potato with gammon ham and salad	<input type="checkbox"/> Jacket potato with cheese and baked beans	<input type="checkbox"/> Jacket potato with cheese and egg mayonnaise, served with salad	<input type="checkbox"/> Jacket potato with chicken and bacon mayo	<input type="checkbox"/> Jacket potato with tuna mayonnaise and salad	<input type="checkbox"/> Jacket potato served with bolognaise sauce
Vegetables	Broccoli and cauliflower	Brussel sprouts and carrots	Peas	Carrots and roast parsnips	Peas	Red cabbage and green beans	Mixed vegetables and cabbage
Potatoes	Midi potatoes	Sauté potato	Mashed potato	Roast potatoes	Herby diced potatoes	Midi new potato	Roast potato
Dessert	Mixed fruit crumble and custard	Lemon sponge and custard	Apple pie and custard	Rice pudding and jam sauce	Sultana flapjack and custard	Choc chip sponge with vanilla sauce	Spiced apple sponge and custard

Alternative desserts available daily: Rice pudding, cheese & biscuits or fruit cocktail.
All menus subject to change at short notice due to late/non deliveries.

There are two ways to order meals from us:



OPTION 1

Put an **X** in the small box in meal option **1, 2 or 3** that you would like each day and hand the form back to your delivery driver

OR



OPTION 2

Call our friendly support team to place your order by 'phone

WEEK 2

Option	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	<input type="checkbox"/> Savoury mince and Yorkshire pudding	<input type="checkbox"/> Lancashire hotpot	<input type="checkbox"/> Beef casserole	<input type="checkbox"/> Roast pork and stuffing	<input type="checkbox"/> Fishcakes	<input type="checkbox"/> Chicken and leek pie	<input type="checkbox"/> Roast Beef and Yorkshire pudding
2	<input type="checkbox"/> Quorn mince and vegetables with Yorkshire pudding	<input type="checkbox"/> Vegetable hotpot	<input type="checkbox"/> Mediterranean vegetable lasagne	<input type="checkbox"/> Butternut squash casserole	<input type="checkbox"/> Cheese and onion quiche	<input type="checkbox"/> Vegetable pie	<input type="checkbox"/> Nut roast
3	<input type="checkbox"/> Jacket potato with grated cheese and egg with salad	<input type="checkbox"/> Jacket potato with cheese and homemade coleslaw	<input type="checkbox"/> Jacket potato with chicken goujons and salad	<input type="checkbox"/> Jacket potato with tuna mayonnaise and salad	<input type="checkbox"/> Jacket potato with cheese and beans	<input type="checkbox"/> Jacket potato with gammon ham, coleslaw and salad	<input type="checkbox"/> Jacket potato with coronation chicken and mixed salad
Vegetables	Vegetable medley	Red cabbage and peas	Carrots and cauliflower	Swede and green beans	Peas	Vegetable medley	Carrots and roast parsnips
Potatoes	Herby diced potatoes	Midi potatoes	Boiled potatoes	Roast potatoes	Sauté potato	Midi potatoes	Roast potatoes
Dessert	Shortbread with fruit and custard	Treacle roly poly and custard	Cheesecake	Sultana sponge and custard	Chocolate crunch and chocolate sauce	Sticky toffee pudding and toffee sauce	Apple crumble and custard

Alternative desserts available daily: Rice pudding, cheese & biscuits or fruit cocktail.

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How to order from our new menu

WEEK 3

Option	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	<input type="checkbox"/> Chicken and vegetable pie	<input type="checkbox"/> Pork and vegetable casserole	<input type="checkbox"/> Shepherd's pie	<input type="checkbox"/> Roast turkey with sage and onion stuffing	<input type="checkbox"/> Fish in parsley sauce	<input type="checkbox"/> Beef and ale pie	<input type="checkbox"/> Roast gammon and Yorkshire pudding
2	<input type="checkbox"/> Tempura vegetables and sauce	<input type="checkbox"/> Savoury Quorn mince	<input type="checkbox"/> Macaroni cheese	<input type="checkbox"/> Savoury Quorn and vegetable slice	<input type="checkbox"/> Mediterranean vegetable pasta bake	<input type="checkbox"/> Vegetable casserole	<input type="checkbox"/> Broccoli and Cauliflower bake
3	<input type="checkbox"/> Jacket potato with pork pie, coleslaw and green salad	<input type="checkbox"/> Jacket potato with cheese and coleslaw and salad	<input type="checkbox"/> Jacket potato with tuna mayonnaise and mixed salad	<input type="checkbox"/> Jacket potato with cheese and beans	<input type="checkbox"/> Jacket potato with gammon ham and coleslaw	<input type="checkbox"/> Jacket potato with chicken goujons and salad	<input type="checkbox"/> Jacket potato with chicken and bacon mayonnaise and salad
Vegetables	Vegetable medley	Red cabbage	Brussel sprouts and carrots	Broccoli and cauliflower Peas and carrots	Vegetable medley	Green cabbage and peas	Cauliflower Carrots
Potatoes	Herby diced potatoes	Mashed potatoes	Sauté potatoes	Roast potatoes	Midi potatoes	Sauté potatoes	Roast potato
Dessert	Pineapple upside down pudding and vanilla sauce	Cherry shortbread and custard	Apple crumble and custard	Lemon drizzle and lemon sauce	Syrup roly poly and custard	Rice pudding and jam sauce	Mixed fruit pie with shortcrust pastry and custard

Alternative desserts available daily: Rice pudding, cheese & biscuits or fruit cocktail.
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There are two ways to order meals from us:



OPTION 1

Put an **X** in the small box in meal option **1, 2 or 3** that you would like each day and hand the form back to your delivery driver

OR



OPTION 2

Call our friendly support team to place your order by 'phone

WEEK 4

Option	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	<input type="checkbox"/> Chicken and ham pie	<input type="checkbox"/> Savoury minced lamb and vegetable casserole	<input type="checkbox"/> Sausage and onion plait	<input type="checkbox"/> Roast turkey with stuffing	<input type="checkbox"/> Beef casserole	<input type="checkbox"/> Pork and vegetable pie	<input type="checkbox"/> Roast chicken with Yorkshire pudding and stuffing
2	<input type="checkbox"/> Cheese and potato pie	<input type="checkbox"/> Quorn sausages with onion gravy	<input type="checkbox"/> Pasta provincial	<input type="checkbox"/> Quorn and vegetable casserole	<input type="checkbox"/> Cauliflower and broccoli bake	<input type="checkbox"/> Savoury rice and roasted vegetables	<input type="checkbox"/> Quorn chicken fillets
3	<input type="checkbox"/> Jacket potato with cheese and coleslaw and mixed salad	<input type="checkbox"/> Jacket with tuna mayonnaise and salad	<input type="checkbox"/> Jacket potato with chicken mayonnaise and salad	<input type="checkbox"/> Jacket potato with gammon ham and salad	<input type="checkbox"/> Jacket potato with baked beans and cheese with salad	<input type="checkbox"/> Jacket potato with roast beef and mixed salad	<input type="checkbox"/> Jacket potato with cheese and coleslaw
Vegetables	Cabbage and peas	Carrots and peas	Medley of vegetables	Broccoli, cauliflower and carrots	Red cabbage and peas	Brussel sprouts and green beans	Carrots and roast parsnips
Potatoes	Midi new potatoes	Herby diced potato	Sauté potatoes	Roast potatoes	Midi potatoes	Mashed potato	Roast potatoes
Dessert	Golden syrup and sultana sponge and custard	Fruit crumble and custard	Jam roly poly and custard	Fruit pie and custard	Toffee sponge with butterscotch sauce	Chocolate sponge and custard	Bakewell tart and custard

Alternative desserts available daily: Rice pudding, cheese & biscuits or fruit cocktail.

All menus subject to change at short notice due to late/non deliveries.



For more information about our service and how it can help you or your family, please call our friendly support team on ☎ **01454 865996** between 8:30am – 2:30pm, Monday to Friday.

We have a voicemail service outside of these hours.

You can also visit our website for more details at www.southglos.gov.uk/communitymeals

Name

Address

☐ If you have any allergens we should be aware of, please tick the box and complete any details to help us. A member of our team will be in touch to discuss your requirements.