



DINNERS TO YOUR DOOR

Whether you're housebound or simply don't want to cook, have ready made vegetarian and vegan food delivered to your door!

Introduction

For people housebound or kitchen phobic and thinking about having meals delivered in, there is no need to compromise on taste or ethics.

Across the UK companies are offering to send a variety of mouth-watering main meals, sides, soups, smoothies and puddings to your door.

Often hand-prepared with well-considered ingredients and developed by experienced chefs, dishes are available from around the globe to suit a plethora of palates. Sometimes they arrive frozen... some are freeze-dried. It has never been easier to find vegetarian or vegan, egg-free or gluten-free food from the comfort of your home. Tuck in!



© flavourphotos.com

Everything cooked by hand, in small one-pot batches, using only natural ingredients, and no artificial colours, flavours or preservatives. Fast-frozen to lock in the freshness and flavour. Order online, by phone or by post.

Options: dairy-free; gluten-free; vegan.



Chef on Board

Delicious handmade meals

Examples of range:

- Roast Vegetable Curry £3.95 for 1 portion
- Roasted Vegetable Casserole £3.95 for 1 portion
- Vegetable Tagine £4.25 for 1 portion

Prices:

From £3.95 for 1 main meal portion. Minimum order value is £40 (excluding delivery). Delivery is £7.50 for orders £40 – £79.99 and free for all orders over £80.

Address: Chef on Board Ltd, Unit 11 Webton Business Park, Kingstone, Herefordshire HR2 9NF

Telephone: 01981 250494 | Website: www.chefonboard.com

Handmade 'homemade' food labelled with the name of the chef who prepared it. Prepared for your freezer. Order online, by phone or through one of their shops.



Options: vegetarian; gluten-free; dairy-free; low calories and fat; vegan and egg-free are available – check the label (all ingredients are listed online) or ask.

Examples of range:

- Red Lentil & Mixed Bean Casserole £4.99 for 2 portions
- Roasted Vegetable & Chickpea Curry £2.99 for 1 portion/£5.95 for 2 portions
- Thai Butternut Squash Soup £3.99 for 1 portion

Prices:

From £2.99 for 1 main meal portion. Side portions available. Multiple portions available. Minimum order £35.

Address: The COOK Kitchen, Sittingbourne Kent ME10 3HH

Telephone: Customer care 01732 759010 / Home delivery 01732 759020

Website: www.cookfood.net

Based in County Durham, everything is made from scratch in its own kitchens by teams of chefs and nutritionists to make it allergy-safe. Meals cooked in modern space-saving pouches in a pressure cooker to naturally preserve flavours (this means they don't need refrigeration – store at room temperature). Order online or by phone.



Options: All dishes are always gluten-, nut- and milk-free; vegetarian and vegan options.

Examples of range:

- Geng Gari Curry with Butternut Squash and Basil £2.75 275g pouch
- Vegan Asian-Style Banquet for 8 £24.99
- Spanish Style Rice & Vegetables £2.75 350g tray

Prices:

From £1.50. Free UK delivery for orders containing Ilumi products/£6 otherwise. £12.50 for delivery to the EU.

Address: ilumi Customer Service Centre, c/o E-picker, Unit 3 Taylor's Building, Hownsgill Drive, Consett DH8 9HU

Telephone: Mon to Fri: 08:00–17:30 (excluding Bank holidays) 0800 5053232

Website: www.ilumiworld.com

MONMOUTHSHIRE VEGETARIAN FOOD COMPANY

Delivered directly to your door, meals are ready for you to pop into your freezer. Order by phone.

Options: vegetarian; gluten-free; vegan.



Examples of range:

- Red Pepper Boat Filled with Mushrooms, Brown Rice, Cashews in a Tomato Sauce
- Chilli
- Leek & Bean Casserole

Prices:

Throughout Monmouthshire only. Delivery free for all Monmouthshire orders over £35 (£5 if under).

Address: Monmouthshire Vegetarian Food Co., Vedw Farm, Mamhilad, Goytre, PONTYPOOL, Monmouthshire NP4 8RQ

Telephone: 01495 785495 | **Website:** www.veggiefoodco.com

'Delicious' ready meals and desserts direct to your door from its headquarters in Wiltshire for over 20 years. Arrive frozen. Order by phone, online or through a local branch (free brochure available).



Options: vegetarian; vegan; gluten-free; dairy-free; egg-free; low fat/salt/calories; onion-/celery-/yeast-free; diabetic.

Examples of range:

- Vegetable Tagine & Coriander Rice £3.99
- Tuscan Bean Casserole £3.10
- Vegetable Hot Pot £2.99

Prices:

From £2.30 for a main meal.
Free delivery on all orders over £30, otherwise £1.

Address: Oakhouse Foods Ltd, Melksham, Wiltshire SN12 8BU
Telephone: 0845 6432009 | Website: www.oakhousefoods.co.uk

Makes 'awesome tasting' soups and meals! No added sugar or salt. Order by phone or online. Arrive at ambient temperature and should be chilled.

Options: All products are suitable for vegans, vegetarians and are gluten-free, low-fat, with no added salt or sugar so are suitable for diabetics as well. None of the 14 EU listed allergens are present.



Examples of range:

- Thai Green Curry
 - Vegetable Chilli
- Soups:
- Carrot and Ginger
 - Continental Country
 - Italian Herb Red Pepper
 - Spicy and Smokey Tomato
 - Super Green
 - Butternut, Cumin & Mild Chilli
 - Crimson King (Beetroot & Tomato)
- Different prices for different sizes (see right)
- Red Lentil & Mixed Bean Casserole £4.99

Prices:

Taster Pack £4; 375g Lunchpot £2.50; 670g Tea4Two £3.40; 1kg Family Filler £4.85. Thai Green Curry and a Chilli in lunchpot size and Tea4two size at £2.75 and £3.95 respectively. Delivery charges are £6 UK wide, but free in the Plymouth area, with a nominal charge of £1.50 within 10 miles of Plymouth and £2.50 within 20 miles. Minimum order is 1 litre.

Telephone: 01752 771590 | Website: www.soupydo.co.uk

Frozen ready meals and desserts delivered to your door. Free brochure available detailing dietary information. Order online or by phone.

Options: vegetarian; gluten-free; low salt; low fat.



Wiltshire Farm Foods

taking care of mealtimes

Examples of range:

- Vegetarian Chilli £2.95
- Cauliflower & Spinach Curry £2.90

Prices:

From £2.85. Minimum order £15.
Free delivery.

Address: Chef on Board Ltd, Unit 11 Webton Business Park, Kingstone, Herefordshire HR2 9NF

Telephone: 0800 773773 | Website: www.wiltshirefarmfoods.com

Something more homely

Currently, two schemes in the UK offer home-cooked food, made by neighbours for neighbours.



Cooks sign up online while diners are referred either over the phone or through the website.

Once appropriately paired with one another, the cook prepares an extra portion of food in their own home and delivers it to their diner. A meal share visit usually lasts 30 minutes and if they both enjoy the experience, they can go on to share more food or they could meet someone new.

All volunteer cooks have to complete a Disclosure and Barring Service check before they are introduced to diners.

Telephone: 020 3475 3444 | www.casseroleclub.com



casserole

Tower Hamlets, Barnet
and Reigate and Banstead

Cooks and diners are encouraged to sign up and are paired up appropriately. When preparing their usual meals, cooks make an extra portion for an older diner who would appreciate home cooked food delivered to them every now and then.

All cooks have to undertake a Protecting Vulnerable Groups (PVG) Check and take a short food hygiene quiz before sharing a meal. Dietary requirements are taken at the point of signing up and will be shared between the cook and the diner.

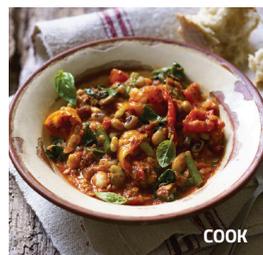
Telephone: 0800 7837770 | www.mealmakers.org.uk

MEAL
MAKERS



Dundee and Glasgow

Don't forget - Some councils also provide a 'meals on wheels' service, delivering frozen or hot food to your door for a fixed price. Also, some cater for special diets. Contact your local authority to find out what they can do for you. Your local Royal Voluntary Service might be able to help, too. Contact them on 0845 608 0122.



Sponsored by:

The Vegan Society

www.vegansociety.com

Email: info@vegansociety.com Tel: 0121 523 1737

Donald Watson House, 21 Hylton Street, Birmingham B18 6HJ

Registered charity number 279228 Company number 1468880

The Vegetarian Society of the United Kingdom Limited

www.vegsoc.org Email: info@vegsoc.org Tel: 0161 925 2000

Parkdale, Dunham Road, Altrincham WA14 4QG

Registered charity number 259358 Company number 959115

Vegetarian for Life is an advocacy charity aiming to improve the quality of life of the UK's older vegetarians and vegans. Our services include:

- a UK-List of veg-friendly care homes
- catering and healthy-living guides
- nutritional advice
- charitable grants to aid independent living and respite care
- caterer training



www.vegetarianforlife.org.uk Email: admin@vegetarianforlife.org.uk Tel: 0161 2570887

83 Ducie Street, Manchester M1 2JQ

Registered charity number 1120687 Company number 6294709