



vegetarianforlife.org.uk

Sponsored by



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!



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!





Chef on Board

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.

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 £60 – £84.99 and £8.95 for orders £40 – £59.99.



Chef on Board
Delicious handmade meals

CHEF ON BOARD LTD, Unit 11
Webton Business Park, Kingstone,
Herefordshire HR2 9NF
Telephone: 01981 250494
Website: chefonboard.com

Cook

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

OPTIONS vegetarian; gluten-free; dairy-free; under 400 calories; vegan – check the label (all ingredients are listed online) or ask.

EXAMPLES OF RANGE

- Yellow Vegetable Curry £3.99 for 1 portion/£6.99 for 2 portions
- Roasted Vegetable & Chickpea Curry £4 for 1 portion/£7 for 2 portions
- Red Lentil & Mixed Bean Casserole £4.99 for 2 portions

PRICES From £2.99 for 1 main meal portion. Side portions available. Multiple portions available. Minimum order £35. The delivery charge will either be £5 or £6.95 depending on the service in your delivery area.

COOK
www.cookfood.net

THE COOK KITCHEN,
Sittingbourne Kent ME10 3HH
Telephone:
Customer care 01732 759010
Home delivery 01732 759020
Website: cookfood.net

Fairfoods

Handmade vegan food for events and to fill up your freezer! Based in mid-Devon and cover Devon, Cornwall, Somerset, Dorset, Exeter, Taunton, Bristol, Plymouth and beyond.

OPTIONS vegetarian; vegan; gluten-free; raw.

EXAMPLES OF RANGE

- Garden Vegetable Quiche £15 (serves 6–8)
- Roast Hazelnut, Sheese and Cashew Roast £18 (serves 6)
- Homemade Veggie Peanut Burgers £12 for 12
- Sweet and Sour Tofu and Veg £21 (6 portions)
- Lemon Coconut Cheesecake £18 (serves 8)

PRICES Minimum order value applies depending on how close you are to them in Willand, Devon e.g. if you are 5 miles away, minimum order is £25 in food.

 fairfoods

Telephone: 01884 34974
Website: fairfoods.org.uk

Monmouthshire Vegetarian Food Company

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

OPTIONS vegetarian; gluten-free; vegan.

EXAMPLES OF RANGE

- Red Pepper Boats £2.99
- Vegan Chilli Con Carne £2.90
- Vegan Leek & Bean Casserole £2.90

PRICES Delivery free for all Monmouthshire orders over £35 (£5 if under). Throughout Monmouthshire or further afield upon request.

MONMOUTHSHIRE VEGETARIAN FOOD CO., V22 Walnut Drive, Caerleon, Newport, Gwent NP18 3SB
Telephone: 07968 617634
Website: veggiefoodco.com

Oakhouse Foods

'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 and egg-free – and the facility to view dishes free from a long list of ingredients; low sugar/fat/salt/calories.

EXAMPLES OF RANGE

- Vegetable Hot Pot £3.05
- Blackberry & Apple Crumble £3.70 for 2

PRICES From £2.99 for a main meal. Free delivery on all orders over £30, otherwise £1.

Oakhouse
— *foods* —

OAKHOUSE FOODS LTD, Melksham, Wiltshire SN12 8BU
Telephone: 0333 370 6700
Website: oakhousefoods.co.uk

Goodness Direct

Delivered straight to your door, with a range of meal centrepieces that you can stock up on. Order by phone or internet. Brochure can be sent on request.

OPTIONS vegan; vegetarian; gluten-free; soya-free; raw; organic.

EXAMPLES OF RANGE

- Clive's Organic Gluten-Free Mushroom & Leek Pie £3.05
- Forest Foods Teriyaki Tofu Wrap £2.93
- Goodlife Picador Parsnip, Sweet Carrot & Nut Burger with Crunchy Cashews (pack of 4) £3.29
- Artisan Grains Cashew & Cranberry Gluten Free Nut Roast £2.54

- Clive's Organic Ready Pot Meal, Thai Veggie Curry £3.64

PRICES Broad range of prices. Free delivery for phone orders over £45. Calls cost 10p per minute. Delivers across the UK, though unable to deliver frozen or chilled products to the north of Scotland.

GOODNESS DIRECT,

South March, Daventry, Northants
NN11 4PH

Telephone: 0871 871 6611

Website: goodnessdirect.co.uk



**GOODNESS
DIRECT.co.uk**

Healthy · Free From · Eco · Organic





Vegan Dishes

Fresh vegan meals delivered to your door using local produce – not frozen!

OPTIONS All products are vegan.
Weightloss plans available.

EXAMPLES OF RANGE:

- Chinese Mock Duck
- Homemade Lasagne
- Risotto

PRICES Different price plans starting at £49 for the Basic Plan for 5 days, 10 main meals, 2 per day; Complete Plan currently £119, 1 week, 21 main meals, 7 breakfasts, 7 supplement portions. Price includes delivery.



VEGAN DISHES LTD, Unit 3E
Walronds Business Park,
Isle Brewers, TA3 6QP
Website: vegandishes.co.uk

RealFoods

A company at the forefront of natural food retailing for 50 years, offering everything from 'tasty treats' to kitchen cupboard staples and toiletries. Delivers across the UK.

OPTIONS vegan; gluten-free; raw; organic; fair trade.

EXAMPLES OF RANGE:

- Tinned Split Pea Soup £2.09
- Tinned Lentil & Vegetable Soup £2.09
- Suma Baked Beans with Lincolnshire Meat Free Sausage £1.52
- Orange Raw Chocolate Crispy Cakes £1.50
- Mrs Crimble's Stem Ginger Cake £3.31
- Faith in Nature Replenishing Moisturiser £6.65

PRICES The stock is broad so prices vary. Delivery is free for orders over £29, otherwise a charge is applied. Orders must be made via their website (telephone orders not available).



REALFOODS

Telephone: 0131 556 1772
Website: realfoods.co.uk

Wiltshire Farm Foods

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.

EXAMPLES OF RANGE

- Vegetable Curry £3.25
- Free From Provencale Vegetable Bake £3.25
- Free From Spicy Bean Casserole £3.15

PRICES From £2.90. Free delivery. For some postcodes a minimum order may apply.



Wiltshire Farm Foods

taking care of mealtimes

Telephone: 0800 077 3100
Website: wiltshirefarmfoods.com

Something more homely

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

Casserole Club

in local areas across England and Australia. 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.



casserole

Website: casseroleclub.com

Meal Makers

Meal Makers is a Scottish charity that currently runs in: Dundee, Glasgow, Perth & Kinross, Renfrewshire, Edinburgh, Stirling, and at the time of publication has a pilot trialling in the Tayport area of Fife. Meal Makers will continue to be rolled out across Scotland, so do contact them to check if they now operate in your local area.

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

Website: mealmakers.org.uk

Supermarket Shopping

A range of supermarkets now offer home delivery, including Tesco, Asda, Sainsbury's, Ocado, Waitrose, Morrisons, Iceland and Amazon Pantry. Great news if you want to stock up on fresh goods as well as ready meals plus

a range of other household goods. Don't forget Sainsbury's range of FreeFrom coconut-based alternatives to cheese and Quorn's new vegan range including 'chicken' nuggets and 'fish' fingers.

AMAZON PANTRY

amazon.com/gp/pantry/info – online orders only

ASDA

groceries.asda.com – online orders only

ICELAND

groceries.iceland.co.uk – online orders only

MORRISONS

groceries.morrisons.com – online orders only

OCADO

ocado.com – online orders only

SAINSBURY'S

sainsburys.co.uk/shop/gb/groceries
0800 328 1700 – online and telephone orders

TESCO

tesco.com/groceries – online orders only

WAITROSE

waitrose.com – online orders only





Takeaway

An occasional takeaway meal can be a tasty treat and there are so many vegetarian and vegan options available. Check out if your local Chinese or Thai offers tofu or other meat alternatives. Many Indian dishes are made using pulses such as lentils and chickpeas. Pizzerias can do pizzas without cheese (if they don't have a dairy-free alternative available) – just ask for extra veggie toppings instead!

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.

Deliveroo

This company offers your favourite restaurants' food, delivered fast to your door. Whether you're partial to something at Pizza Express or Wagamamas, there are a huge range of restaurants using this service. Most offer vegan dishes too – try out Zizzi's pizzas made with a mozzarella alternative or the fresh flavours from The Good Life Eatery.

A minimum order price may apply and the delivery cost should be the same as that normally charged by the restaurant. Card payments only.



Telephone: 0203 322 3444
Website: [deliveroo.co.uk](https://www.deliveroo.co.uk)

V for Life is the UK charity working on behalf of older vegetarians and vegans. Contact us for details of our charitable funds to support independent living; care homes that cater for older vegans and vegetarians; advocacy services to support your diet; no-fuss recipe guides; and more.

Published by:

Vegetarian for Life

83 Ducie Street, Manchester M1 2JQ

vegetarianforlife.org.uk

Email: info@vegetarianforlife.org.uk

Tel: 0161 257 0887

Registered charity number 1120687

Company number 6294709

 [@VfL_UK](https://twitter.com/VfL_UK)  [/VfL_UK](https://www.facebook.com/VfL_UK)



© Vegetarian for Life, 2017. While every care has been taken to ensure that the dishes advertised by companies were suitable for a vegan or vegetarian diet at the time of going to press, we recommend that you satisfy yourself that dishes will meet your dietary requirements before placing an order. Inclusion of companies or products in this leaflet does not mean that The Vegan Society or The Vegetarian Society have confirmed that they are suitable for a vegan or vegetarian diet unless they are registered with or accredited by The Vegan Society or The Vegetarian Society.

SPONSORED BY:

The Vegan Society

vegansociety.com

Email: info@vegansociety.com

Tel: 0121 523 1730

Donald Watson House, 21 Hylton

Street, Birmingham B18 6HJ

Registered charity number 279228

Company number 1468880



The Vegetarian

Society of the United

Kingdom Limited

vegsoc.org

Email: info@vegsoc.org

Tel: 0161 925 2000

Parkdale, Dunham Road, Altrincham

WA14 4QG

Registered charity number 259358

Company number 959115

