

Our Dinner To Your Door meals are freshly-prepared and delivered straight to you.

### How to order

You can order in person at the **Connecting Communities office opposite the library in Helmsdale Community Centre**, or by phoning **01431 821655**.

### How to pay

You can pay by **cash or cheque**, made payable to Dementia Friendly Communities Ltd. Payment can be taken in advance or upon delivery (please specify which you prefer on the previous page).

You will receive confirmation of your order and a receipt for payment.

### **Dinner To Your Door is ideal for:**

- Those who find it difficult to prepare meals for themselves
- Anyone looking for a break from cooking every now and then
- Families with busy work and / or social lives
- Shift workers

If you have any questions about the service please contact us:

Connecting Communities, Helmsdale Community Centre,  
Dunrobin Street, Helmsdale, KW8 6JA

Email: [hello@connectingcommunities.co.uk](mailto:hello@connectingcommunities.co.uk)

Tel: 01431 821655



August 2019

## Helmsdale, Loth and Portgower menu



Freshly cooked 3-course meals  
for everyone  
delivered directly to your door  
Helmsdale | Brora | Golspie

# Dinner To Your Door Order Form

Meals can be ordered up until 10am on the day.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

Postcode: \_\_\_\_\_

Contact telephone: \_\_\_\_\_

**Any allergies/intolerances/dietary requirements:**

\_\_\_\_\_

Please specify if you will be re-heating your main meal(s), where applicable, by:

*(tick the relevant box)*

Oven       Microwave

## Prices per course:

- Starter, main & dessert: £6.95
- Main only: £3.95
- Main with starter or dessert: £5.45
- Starter or dessert only: £2.95
- Starter and dessert: £3.95
- Frozen meals: available on request

## Preferred payment method: (delete as appropriate)

- I will pay cash/cheque with this order
- I will pay cash/cheque on delivery

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Please select the courses you would like by ticking the boxes.

Date	Starter	Main	Dessert
Mon 5th August	Leek & Potato Soup	Lamb Hotpot	Strawberry Trifle
Wed 7th August	Chicken & Rice Soup	Chicken & Leek Pie	Banoffee Pie
Mon 12th August	Cream of Tomato & Basil Soup	Lasagne	Sticky Toffee Pudding
Wed 14th August	Tattie Soup	Toad in the Hole	Mandarin Cheesecake
Mon 19th August	Chicken Noodle Soup	Chicken Breast in a Creamy Mushroom Sauce	Chocolate Pudding with Custard
Wed 21st August	Pea & Ham Soup	Beef Stew with Dumplings	Apple Crumble
Mon 26th August	Lentil Soup	Roast Chicken & White Pudding	Lemon Tart
Wed 28th August	Scotch Broth Soup	Cottage Pie	Mixed Berry Pavlova