



# MEAL DELIVERY SERVICE

Freshly prepared on the day, healthy and nutritious meals served to you in your home daily between 11.30am-1.30pm.

**£4.75**

## MENU

This is a sample menu only.  
We cater for all dietary needs including:  
Vegetarian ✓, Vegan ✓, Gluten Free ✓  
(All upon request)

DAY	MAIN	SWEET
Mon	Steak, Mash & Vegetables	Fruit Crumble
Tues	Chicken Casserole	Fruit Jelly
Weds	Minced Beef & Onion Pie with Vegetables	Trifle
Thurs	Gammon, Pineapple & Vegetables	Sponge & Custard
Fri	Sausage, Mash & Peas	Fruit Salad
Sat	Cottage Pie & Vegetables	Fruit Pie
Sun	Roast Pork Dinner	Chocolate Cake & Custard

For more details please contact the team at Wishing Well;

 [gill.tarrant@wishingwellproject.net](mailto:gill.tarrant@wishingwellproject.net)  
[ann.antrobus@wishingwellproject.net](mailto:ann.antrobus@wishingwellproject.net)

 The Wishing Well Project

 01270 256919 or 01270 253551

 @TheWishingWellP

If you require this information in an alternative format please contact Wishing Well on 01270 256919.