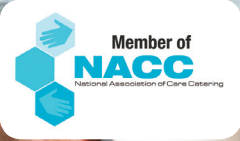


Park Care
Meals

Eat Well, Stay Independent





Local Branches:

Barnsley **01709 365 077**
Bradford **01274 49 88 77**
Chesterfield **01709 365 077**
Doncaster **01709 365 077**
Halifax **01274 49 88 77**
Rotherham **01709 365 077**
Sheffield **01709 365 077**

info@parkcaremeals.co.uk
www.parkcaremeals.co.uk

**Over
4 million
meals
delivered!**

Welcome!

Let us introduce ourselves

Thank you for taking the time to find out more about the services **Park Care Meals** offer.

We are a Yorkshire based family business and have been delivering community meals for over 27 years. We are passionate about providing high quality, nutritionally well balanced meals, along with a daily wellbeing check.

The services we offer include; a daily hot meal delivery and wellbeing check service, a weekly frozen meals delivery service, and delivery to Luncheon clubs. We strongly believe that our services support individuals to live independently and within the comfort of their own home for as long as possible.

Ensuring the best

A sensible diet is key to good health at any age. All of our meals are nutritionally well balanced and we constantly monitor our dishes. Only the freshest ingredients available are used, sourced from local suppliers where possible. No preservatives or additives are used.

Our food is produced to a very high standard with the BS/EN/ISO 9002 Quality Assurance Registration Certificate having been awarded by the British Standards Institute. This is awarded for the production of consistently high standard meals. We are also members of the National Association of Care Caterers (NACC) and adhere to all its principles.

All of our delivery team are fully trained and DBS (Disclosure and Barring Service) checked. They are a daily friendly face delivering your meal and providing a wellbeing check.

We look forward to serving you a meal soon.

How the service works

Ordering

Ordering couldn't be easier. There are two options:

1) Complete the order form/menu and hand it in to your delivery team member

Or

2) Phone / Email your local branch and place your order

Key Features

Catering for individual needs is at the heart of what **Park Care Meals** offers. Key features include:

- A service available 7 days a week, 365 days a year.
- Flexible service. You choose how many meals you need each week - a daily meal delivery; or short term after leaving hospital; or to cover holiday periods; or just a few meals each month. Our service is tailored to meet your individual needs.
- Free Delivery and No Contract.
- Meals are delivered at the same time and by the same friendly, security checked (DBS) delivery team member.
- Peace of mind from our daily wellbeing check.
- A wide variety of choice with over 40 different meals being offered. Including texture modified and vegetarian options.
- Two course meals – Main Meal and a Dessert.
- We have designed a four week menu cycle with four choices on each day.
- Option of a sandwich and dessert delivered with lunch to be eaten later - only £2.95

All at an affordable price

Hot Meals - £7.30 for 2 courses; Frozen Meals - £5.30 for 2 courses

Meal Information

Allergens



Celery



Cereals containing gluten (wheat, barley, rye, oats, spelt, kamut)



Crustaceans (eg. prawns, crabs, lobster, crayfish)



Eggs



Fish



Lupin (lupin flowers and their seeds)



Milk



Molluscs (eg. clams, mussels, whelks, oysters, snails, squid)



Mustard



Nuts (almonds, walnuts, brazil, pecan, hazelnuts, cashews, pistachio, macadamia)



Peanuts



Sesame



Soya beans



Sulphur Dioxide (a food additive and preservative)



Pureed Meals

For anyone who has difficulty swallowing, we offer pureed meals. These are Category 4 under the International Dysphagia Diet Standardisation Initiative (IDDSI). The meals are well presented with ingredients being individually pureed, portioned and shaped.

PLEASE NOTE – Our meals and ingredients may change occasionally, therefore please check the meal product labels for the correct and most up to date information. If you require more ingredient details, please contact your local branch'.

Beef

BEEF & ONION PIE

Diced beef and onions simmered in gravy topped with short crust pastry served with mashed potatoes, sprouts and baby carrots.



CORNED BEEF PIE

A tasty pie made from corned beef and potato served with creamed potato, mushy peas and carrots.



BEEF GRILL

Tender beef in a rich gravy served with baked beans, peas and a mustard mash.



COTTAGE PIE

Savoury mince and vegetables topped with creamed potatoes served with boiled potatoes, swede and brussel sprouts.



BEEF LASAGNE

Premium mince in a tomato & red wine sauce, layered with pasta and topped with white sauce and cheese. Served with garlic bread, green beans and mixed vegetables.



MINCED BEEF AND YORKSHIRE PUDDING

Savoury minced beef in a traditional yorkshire pudding served with boiled potatoes, baby carrots and peas.



BEEF STEW

A traditional stew of beef and vegetables served with boiled potatoes, cabbage and green beans.



CHILLI CON CARNE

Minced beef and kidney beans in a rich chilli con carne sauce served with white long grain rice.



ROAST BEEF WITH YORKSHIRE PUDDING

Slices of tender beef served with roast potatoes, peas, cauliflower and a yorkshire pudding.



BEEF AND KIDNEY PIE

Steak and kidney cooked in rich gravy with a short crust pastry served with creamed potatoes, peas and carrots.



Lamb

LAMB HOTPOT

Minced lamb topped with sliced potatoes served with mashed swede, broccoli and cauliflower.



MINCED LAMB & DUMPLING

Minced lamb served with a traditional suet dumpling, boiled potatoes, cabbage and mashed swede.



SHEPHERDS PIE

Minced lamb and vegetables topped with mashed potatoes served with green beans, baby carrots and boiled potatoes.



Vegetarian

CAULIFLOWER AND BROCCOLI BAKE

Cauliflower and broccoli in a white sauce topped with grated cheese served with potatoes and seasonal vegetables.



MACARONI CHEESE

Macaroni pasta in cheese sauce topped with grated cheese served with seasonal vegetables.



CHEESE & POTATO PIE

Vegetables cooked in a cheese sauce topped with short crust pastry served with potatoes and seasonal vegetables.



VEGETABLE COTTAGE PIE

Minced quorn and vegetables topped with creamed potatoes and served with diced carrots and green beans.



CHEESY VEGETABLE BAKE

Vegetables baked in a cheese sauce topped with grated cheese served with potatoes and seasonal vegetables.



LEEK & MUSHROOM PASTA MORNAY

Pasta in a creamy leek & mushroom sauce topped with cheese and served with seasonal vegetables.



VEGETARIAN SAUSAGE

Two vegetable sausages in a rich tomato sauce served with potatoes and seasonal vegetables.



VEGETABLE CURRY

A mixture of vegetables in a mild curry sauce served with boiled rice.



Fish

FISH IN PARSLEY SAUCE

Prime fillet of white fish in a parsley sauce served with sauté potatoes, mixed vegetables and broccoli.



FISH TOPPED WITH BREAD CRUMBS

A succulent fillet of fish topped with a crumb coating served with sautéed potatoes and mushy peas.



FISH CAKES

Two breaded fish cakes served with parsley sauce, boiled potatoes, broccoli and carrots.



FISHERMAN'S PIE

Flaked fish in a tasty white sauce served with sauté potatoes, cauliflower and cabbage.



Pork & Liver

BACON BRUNCH

Pork sausage, grilled bacon, plum tomatoes in juice served with scrambled egg and diced sautéed potatoes.



LIVER & BACON

Nutritious diced pieces of liver and bacon in gravy served with mashed potatoes, peas and carrots.



LIVER AND ONIONS

Diced liver cooked in traditional onion gravy served with boiled potatoes, boiled swede and carrots.



SAUSAGE & ONION

Two pork sausages in onion gravy served with sauté potatoes, peas and carrots.



SAUSAGE, MASH AND BEANS

Pork sausages with gravy served with baked beans and creamed potatoes.



LIVER & SAUSAGE

Diced pieces of liver and sausage in rich gravy served with mashed potatoes, green beans and mixed vegetables.



MEATBALLS

Tasty pork and beef meatballs served in a rich barbecue sauce together with creamed potatoes, green beans and carrots.



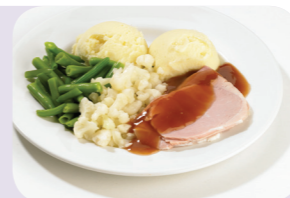
ROAST PORK

Succulent slices of pork served with apple sauce and traditional gravy together with roast potatoes, mixed vegetables and carrots.



SLICED GAMMON

Tender sliced gammon served in a barbecue sauce together with creamed potatoes, green beans and cauliflower.



SOMERSET PORK CASSEROLE

Tender pork cooked with apple and sage served with sauté potatoes, cauliflower and cabbage.



SWEET AND SOUR PORK

Tender pieces of pork cooked in a sweet and sour sauce, served with boiled white rice.



Chicken & Turkey

CHICKEN AND HAM PIE

Tender pieces of chicken and ham in a savoury white sauce topped with a short crust pastry served with creamed potatoes, sliced leeks and peas.



CHICKEN CASSEROLE

A tasty mixture of chicken, vegetables and gravy served with creamed potatoes, swede and peas.



CHICKEN IN HONEY MUSTARD SAUCE

Tender chicken pieces cooked in a creamy honey & mustard sauce served with broad beans, baby carrots and potatoes.



CHICKEN SUPREME

Pieces of chicken and vegetables cooked in a creamy white sauce served with roast potatoes, broccoli and mashed swede.



ROAST CHICKEN

Sliced breast of chicken served with sage and onion stuffing, boiled potatoes, green beans and swede.



SLICED TURKEY

Tender sliced turkey and a chipolata sausage in gravy served with creamed potatoes, broccoli and baby carrots.



Desserts

A wide range of desserts are on offer.

These include a mixture of pies, sponges, and crumbles as follows:

PIES

All encased in shortcrust pastry and served with a creamy custard.

- Apple
- Apple & Blackberry
- Pineapple
- Raspberry



SPONGES

Light sponge puddings served with creamy custard.

- Chocolate
- Coconut
- Ginger
- Jam
- Lemon
- Orange
- Sultana



CRUMBLES

All topped with an oat and sugar crumble, oven baked and served with a creamy custard.

- Apple & Strawberry
- Apricot
- Rhubarb



OTHER FAVOURITES

A collection of other much loved desserts.

- Apple Pie with Cream
- Bakewell Tart
- Rice Pudding
- Sticky Toffee Pudding
- Strawberry Mousse
- Sultana Cheesecake



For details on ingredients and allergens please refer to the meal product labels

New meals are continually added, for a full up to date list please see your order form/menu



Luncheon Clubs

We can supply meals to Luncheon clubs. Similar to our home delivery, this service is completely flexible – we can deliver daily, weekly, or on an ad-hoc basis. Both hot and frozen meal options are available. If you would like us to assist with this, please contact your local branch to discuss your requirements.

Frozen Meals

In addition to our daily hot meal delivery service, we offer a Frozen delivery service. This is ideal if you'd like to heat your dinner at your own convenience. Key features include:

- The meals are the same high quality as used in our hot delivery service
- A choice of delivery days are available
- The meals can be heated in a microwave or a conventional oven
- Enjoy a main meal AND a pudding or a starter



Teatime - Sandwiches

When we deliver your hot lunch time meal, we can also provide a sandwich and dessert to be enjoyed later in the day.

Hospitals, Day Care & Residential Centres

We can supply meals on a daily basis or at times when you are unable to, perhaps due to staff shortages or equipment breakdown. We can respond quickly and offer the same great service as our daily deliveries. Please contact your local branch if you need any assistance. We are more than happy to help!



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