



Yorkshire
Community Meals

The Only Not for Profit Community Meals frozen meals provider in Leeds.

How to order :

1. Please fill in your details below and note down what you would like on the form.
2. Either hand your completed form to the driver on our next delivery or telephone us on the number below with your requirements.
3. So we can plan your delivery please allow us 24 hours notice of your order.

Please complete your details:

Name :

Address :

.....

.....

Postcode :

Telephone number :

Orderline : 0113 247 8577

Yorkshire CM
Meals at Home Service
Knowsthorpe Gate
Cross Green
Leeds LS9 0NP

Traditional Range	Price	No
Beef Dishes	£	
Beef with Roast Potatoes	2.65	
Braised Steak	2.85	
Beef Stew & Dumplings	2.60	
Beef Hotpot	2.55	
Cottage Pie	2.40	
Savoury Minced Beef	2.20	
Corned Beef Hash	3.00	
Steak & Kidney Pie	2.40	
Beef & Stout Pie	2.95	
Pork Dishes		
Pork Loin & Gravy	2.95	
Meatballs & Mushy Peas	2.60	
Ham in Parsley Sauce	2.75	
Sausages in Onion Gravy	2.50	
Cumberland Sausages	2.60	
Sausage Casserole	2.20	
Faggots in Onion Gravy	2.65	
Lamb Dishes		
Lamb in Gravy	2.90	
Lamb & Vegetable Casserole	2.60	
Lancashire Hot Pot	2.75	
Savoury Lamb with Dumplings	2.50	
Lamb Cobbler	2.75	
Shepherd's Pie	2.60	
Poultry Dishes		
Chicken Breast	2.85	
Chicken in Gravy	2.50	
Chicken & Vegetable Casserole	2.60	
Chicken & Mushroom Pie	2.55	
Chicken Supreme	2.75	
Chicken in Red Wine Sauce	2.65	
Chicken Curry with Rice	2.50	
Sliced Turkey with Stuffing	2.85	
Fish Dishes		
Salmon & Broccoli Supreme	2.65	
Breaded Fish & Creamed Potato	2.50	
Breaded Fish & Chips	2.50	
Ocean Pie	2.75	
Fish in Parsley Sauce	2.55	
Other dishes		
All Day Breakfast	3.10	
Liver & Bacon Casserole	2.55	
Haggis	2.75	



For those with a bigger appetite or just wanting a treat why not choose from our A La Carte range.

A la Carte Range	Price	No
Beef Dishes		
Beef with Roast Potatoes	3.50	
Corned Beef Hash	3.35	
Beef Stew & Dumplings	3.30	
Steak & Mushroom Bake	3.35	
Beef Hotpot	3.35	
Cottage Pie	3.35	
Savoury Minced Beef	3.35	
Chilli con Carne	3.35	
Steak & Kidney Pie	3.30	
Pork Dishes		
Roast Pork in Gravy	3.35	
Pork Loin & Stuffing	3.35	
Pork & Root Veg. Casserole	3.25	
Meatballs, Chips & Mushy Peas	3.35	
Ham in Parsley sauce	3.30	
Ham, Egg & Chips	3.35	
Sausages in Onion gravy	3.35	
Lamb Dishes		
Roast Lamb in Minted Gravy	3.35	
Lamb & Vegetable Casserole	3.35	
Lancashire Hotpot	3.35	
Irish Stew	3.35	
Minted Lamb & Dumpling	3.35	
Shepherd's Pie	3.35	
Poultry Dishes		
Chicken in Gravy	3.35	
Roast Chicken Breast	3.35	
Chicken Chips & Peas	3.35	
Honey Mustard Chicken	3.35	
Chicken Curry with Rice	3.35	
Coronation Chicken	3.35	
Roast Turkey with Stuffing	3.35	
Fish Dishes		
Breaded Fish & Chips	3.35	
Fish Pie	3.35	
Fish in Butter sauce	3.35	
Fish in Parsley sauce	3.35	
Salmon & Broccoli Supreme	3.35	

Desserts	£	No
Apple Pie & Custard	0.50	
Cherry Pie & Custard	0.50	
Blackcurrant Pie & Custard	0.50	
Mixed Fruit Pie & Custard	0.50	
Rhubarb Crumble & Custard	0.50	
Apple Crumble & Custard	0.50	
Plum Crumble & Custard	0.50	
Apricot Crumble & Custard	0.50	
Apple & Blackberry Crumble	0.50	
Raspberry & Apple Crumble	0.50	
Orange Sponge & Custard	0.50	
Choc Chip Sponge & Sauce	0.50	
Jam Sponge & Custard	0.50	
Sultana Sponge & Custard	0.50	
Golden Syrup Sponge & Custard	0.50	
Lemon Sponge & Custard	0.50	
Ginger Sponge & Custard	0.50	
Carrot Cake & Vanilla Sauce	0.50	
Baked Fruit Bread Pudding & Custard	0.50	
Bakewell Tart & Custard	0.50	
Stewed Apple & Custard	0.50	
Spotted Dick & Custard	0.50	
Treacle Tart & Custard	0.50	
Jam Roly Poly & Custard	0.50	
Sticky Toffee Pudding	0.50	
Bread & Butter Pudding & Custard	0.50	
Rice Pudding	0.50	
Semolina & Dutch Apple	0.50	
Ice Cream Desserts		
Vanilla Ice Cream	0.60	
Strawberry Sundae	0.60	
Caramel Sundae	0.60	
Cold Desserts		
Fruit Cocktail	0.60	
Raspberry Cream Dessert	0.60	
Strawberry Cheesecake	0.60	
Blackcurrant Cheesecake	0.60	
Strawberry Trifle	0.60	
Mixed Fruit Trifle	0.60	
Raspberry Trifle	0.60	
Peach & Apricot Dessert	0.60	
Irish Coffee Cream Dessert	0.60	
Chocolate Mousse	0.60	
Strawberry Mousse	0.60	

Looking for something different then try a dish from our Tastier Outlook

A Tastier Outlook	£	No
Chilli Con Carne	2.80	
Beef Bourguignon	3.20	
Mushroom Stroganoff	3.25	
Chicken Curry & Rice	3.30	
Beef Diane	3.25	
Lasagne	3.25	
Beef Curry with Rice	3.40	
Sweet and Sour Pork	3.40	

Special Diets

For those on diabetic diets we have the following desserts to accompany your Traditional Main Course, which are all suitable for Diabetics.

Diabetic Desserts	£	No
Apple Pie & Custard	0.50	
Cherry Pie & Custard	0.50	
Rhubarb Pie & Custard	0.50	
Date Sponge & Custard	0.50	
Carrot Cake & Custard	0.50	
Date & Ginger Sponge & Banana Custard	0.50	
Banana Pudding & Custard	0.50	
Apricot & Sultana Pudding & Custard	0.50	
Baked Fruit Bread Pudding & Custard	0.50	
Rice Pudding	0.50	
Diced Peaches with Rice	0.50	
Peaches & Custard	0.50	
Mixed Fruit & Custard	0.50	

If you have any other diet specific requirements please contact the Office to discuss these and we will be able to offer you advice on which meals are suitable.

As a guide these are some of the types of diet we can meet:

- Low Fat Diet
- Reducing Diet
- Moderate Salt (sodium) Diet
- Gluten Free Diet
- Diabetic Diet

Vegetarian Meals

We have two ranges for our vegetarian customers. Our Traditional Range, and the a la carte range for those special treats.

Traditional Vegetarian Range	£	No
Macaroni Cheese	2.85	
Mushroom & Leek Roast	2.85	
Vegetable Cobbler	2.85	
Vegetable Hotpot	2.85	
Vegetarian Cottage Pie	2.85	
Vegetable Stew	2.85	
Cauliflower & Broccoli Bake	2.85	
Vegetable Sweet & Sour	2.85	
Omelette with chips & beans	2.85	
Cheesy Vegetable Bake	2.85	
Vegetable Curry	2.85	
Vegetable Lasagne	2.85	
Mushroom Quiche	2.85	
Vegetarian Pasta Bake	2.85	

For those with a bigger appetite or just wanting a treat why not choose from our A La Carte Vegetarian range.

A la Carte Vegetarian Dishes	£	No
Spanish Omelette	3.35	
Cauliflower Cheese & Broccoli Bake	3.55	
Vegetable Lasagne	3.55	
Omelette Chips & Beans	3.50	
Mushroom Stroganoff	3.50	

Tips for keeping healthy and well at home

A traditional main course and dessert will provide you with a third of your daily nutritional requirements.

It's useful to have some foods in your store cupboard for a snack especially if you rely on your carer to do your shopping! Here is a suggested list of store cupboard goods to have at all times. You can make a snack from these and it's a good way of making sure you have enough fruit and vegetables every day. You should be eating five portions of fruit or vegetables per day, not including potatoes.

- Dried milk
- Breakfast cereal or porridge
- Tins of sardines, tuna or salmon
- Tinned fruit (in natural juice) and vegetables
- Tins of corned beef or ham
- Baked beans or spaghetti
- Instant mash, rice and pasta
- Crackers, crisp breads or oatcakes
- Malted drink, Cocoa or Bovril
- Long life fruit juice
- Tinned or packet soup
- Gravy, honey, jam, pickles and sauces
- Nuts/dried fruit
- Peanut butter

Remember to drink, as fluids help keep you healthy and are part of any well balanced diet. You should aim to have at least eight drinks per day, so besides your cups of tea, you should have a glass or bottle of water nearby during the day in case you are thirsty. (Check medicine instructions before taking with water)

Eating is a vital part of staying warm and healthy during winter, so you should :

- Have at least one hot meal per day.
- Have some hot drinks throughout the day and one at bedtime.
- Keep a flask with a hot drink in it by your bedside in case you feel cold at night.

Try to eat from each of the five main food groups each day –

1. Bread cereals potatoes
2. Fresh fruit and vegetables
3. Milk and dairy foods
4. Meat, fish, eggs
5. Foods containing fat and sugar

If you are on a special diet, check with your doctor before changing what you eat or drink.

For Your Safety

Remember all our drivers carry photographic identification. If you don't want to open the door please call 0113 247 8577 to check our driver is at your door.

If in doubt please ask.

Bogus Callers are always a problem and try to trick their way into your home. Here are some tips to prevent them.

- Stop, Check, Chain your door before you answer
- Say "No" to doorstep callers
- Genuine Callers will have photo identification. If in doubt use the phone book to find the company's number to calldon't take their word!
- Don't keep large amounts of cash in the house
- Report suspicious callers to the Police
- If in doubt keep them out

**Your local Police Station number is
0845 606 0 606**

Yorkshire CM
'Caring through Catering'

0113 247 8577