

# Meals on Wheels



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Our hot lunch menu of main meal and dessert costs £8.50 per day. You can add a teatime light-meal pack at a cost of £3.95 per day which includes your choice of sandwich or savoury pastry, a piece of fruit, a pot of yoghurt and a slice of cake.

Call **023 9288 3509** or email  
[mealsonwheels@ageukportsmouth.org.uk](mailto:mealsonwheels@ageukportsmouth.org.uk)

## Help Around The Home



### Helping you get the care you need



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Our Help Around The Home service is designed to assist people in south east Hampshire who may need a little extra help and support to maintain their independence at home.

Our team of Supporters are ready to help you with your domestic chores and shopping, as well as offering companionship and assistance with day-to-day living, both inside and outside the home.

Call **023 9229 1999**  
or email [hath@ageukportsmouth.org.uk](mailto:hath@ageukportsmouth.org.uk)

Age UK Portsmouth is a registered charity (1059945) and company limited by guarantee. Registered in England and Wales number 3281047. Registered office: The Bradbury Centre, 16-18 Kingston Road, Portsmouth PO1 5RZ.



## MENU

### Opening Hours

Monday - Friday  
9:00am - 2:00pm

Please ask about our  
Meals on Wheels menu

## Breakfast Menu

Served 9:00am - 12:00pm

### Breakfast Sandwiches

Bacon Sandwich	£3.75
Sausage Sandwich	£3.75
Egg Sandwich	£2.40

### Fry Up



#### Full English Breakfast

 £5.25

Bacon, Sausage, Egg,  
Hash Brown, Tomato,  
Baked Beans and Toast

#### Large Breakfast

 £6.20

2 Bacon, 2 Sausage, Egg,  
2 Hash Brown, Tomato,  
Baked Beans and Toast

### Extras



Two slices of Toast	£0.75
With Jam	£1.00
With Baked Beans	£1.75

## Lunch Menu

Served 12:00pm - 2:00pm

### Sandwiches



Egg Mayonnaise	£3.00
Tuna Mayonnaise and Cucumber	£3.00
Ham Salad	£3.00
Cheese Salad	£3.00

### Paninis

Ham and Cheese	£4.50
Tuna Mayonnaise and Cheese	£4.00
Cheese and Onion	£3.75

### All Day Breakfast



<b>Traditional Breakfast</b>	£5.25
Bacon, Sausage, Egg, Baked Beans and Chips	

<b>Large Breakfast</b>	£6.20
2 Bacon, 2 Sausage, Egg, Baked Beans and Chips	

### Extras

Sausage Roll	£1.20
Cheese and Onion Slice	£1.50
Bowl of Chips	£2.25
Home-made cake of the day	£1.00

### Meal Deal



Sandwich, crisps and a drink	£3.70
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### Drinks

Coffee	£1.00
Speciality Coffee	£1.20
Tea	£1.00
Hot Chocolate	£1.20
Can of Coke Zero	£1.20
Can of Sprite	£1.20
Bottled Water	£1.20

### Specials

Served 12:00pm - 2:00pm

Please see the blackboard for todays specials

All meals are freshly cooked every  
day using local produce.  
Speak to a member of staff about allergens.