

# Meal Delivery Service

We're partnering with West Sussex County Council to deliver nutritious home-cooked meals to older people locally as part of our Winter Warmer campaign. For a suggested donation of just £2, we can deliver delicious frozen meals and desserts direct to your door by a friendly volunteer.

- Meals are made by our in-house chefs
- Our menus change regularly, so our sample menu shows a few tasty options
- We can cater to specific dietary needs and requirements
- We can deliver up to twice a week, if freezer space is an issue



**Get in touch to find out more:**

- ☎ 01903 731 800
- @ info@ageukwsbh.org.uk
- 🖱 [www.ageukwsbh.org.uk](http://www.ageukwsbh.org.uk)
- f @ageukwsbh
- 📷 @ageukwsbh

## Sample MENU

### MAIN DISHES

**ALL SERVED WITH  
SEASONAL VEGETABLES**

Cottage pie with  
creamy mashed potato

Chicken and ham with  
a grainy mustard sauce  
and roasted new potatoes

Roasted cannon of lamb with  
mint mousse and lamb gravy

Classic lasagne

### DESSERTS

Sticky toffee pudding  
with toffee sauce

Apricot bread and butter  
pudding with custard

Rich chocolate brownie

Apple crumble and custard

# Support our Winter Appeal

This winter, many older people are feeling lonely and isolated. With lockdown restrictions limiting contact and many older people living alone, our help is needed now more than ever.

Our aim is to ensure all local older people are supported through these challenging times and we are continuing to provide befriending and support over the telephone as well as help and advice, to ensure no one is left to cope alone. In order to keep providing this vital support, we urgently need to raise more money so that we can keep helping those who need us.

## Can you help?

If you would like to make a donation to support our work, please get in touch!



01903 731 800



info@ageukwsbh.org.uk



www.justgiving.com/campaign/  
covid-appeal



@ageukwsbh



**JOIN OUR NEW  
Meal Delivery Service**

**and get your first meal**

**FREE!**

After that,  
suggested  
donation is  
**£2**