



MEALS ON WHEELS

LifeCare 
extra years of zest

0131 343 0940

enquiries@lifecare-edinburgh.org.uk



“ This is a lifeline in so many ways, not just excellent food but a sense of community ”

“ It's first-class and could not be better...I look forward to Monday and Wednesday knowing I am going to get a lovely cooked hot meal. Many, many thanks to all ”



“ The whole day is a little bit lighter for not having to worry, or even think, about preparing a main meal ”



“ The amazing cooking ... gave me inspiration to start eating properly again. I now have the energy to go out on walks and it has given me a new lease of life which I am very grateful for, so thank you to everyone at LifeCare ”





OUR SERVICE

We deliver fresh and nutritious two course lunches, twice weekly to people at home.

Meals are delivered hot and ready to eat.

The service is available to people over 50 years old with health and/or support needs living in North Edinburgh and Leith.





OUR FOOD

Chef Tony designs a new menu each season to offer varied choices using seasonal ingredients.

The Cafe Life team cook meals fresh each morning.

Each day there are two main meal choices - one vegetarian and one meat or fish - plus either a soup or a pudding.





FAQ'S

HOW MUCH DOES THE SERVICE COST?

The service costs £55/month. This equates to less than £6.50 for a two course meal, including delivery. The service is invoiced at the end of each month and invoices are payable in various ways including by direct debit.



WHAT IF I CAN'T AFFORD THE COST?

If you have a low income, we can help, please get in touch with us to discuss a funded place.



WHEN ARE THE MEALS DELIVERED?

We deliver lunches to clients twice a week through the year - with one special meal each week at Christmas & New Year. Meals are delivered between approximately 11.45am and 1.15pm on regular, pre-agreed days. Delivery days are weekdays only.

WHAT IF I WANT MEALS DELIVERED MORE THAN TWICE A WEEK?

We may be able to offer you a second place with the service - so meals are delivered 4 days a week. The service would then cost £110/month. Please get in touch with us if you would like to discuss arranging this.





FAQ'S CONT.

WHAT IF I DON'T WANT TO EAT THE MEAL AT LUNCHTIME?

As meals are prepared fresh you can allow them to cool and reheat them later. You will need to allow meals to cool for 1hr at room temperature then refrigerate them, only reheat meals once and make sure the food is piping hot all the way through before eating.



WHAT IF I NEED TO CANCEL?

If you need to cancel a meal delivery we ask that you give us 24hrs notice wherever possible. If you don't notify us that the meal is not required you may be charged for it. For food safety reasons we cannot leave meals at your door.



WHAT IF I HAVE SPECIAL DIETARY REQUIREMENTS?

We can accommodate any food allergies, intolerances and dietary requirements you may have. We will check if you have any when you start the service - and ask that you please keep us updated with any changes.



HOW DO I MAKE MY MEAL CHOICES?

Menus are sent out approximately every 6 weeks (by post or email) with an order form to complete and hand back to the staff delivering the meals. Alternatively, you can make a standing order (to always receive either the vegetarian option, the meat/fish option or have the chef's choice) or we can take your order by phone.





HOW TO GET STARTED

1

Refer yourself or someone else by phone or by email

0131 343 0940

enquiries@lifecare-edinburgh.org.uk

2

We will get in touch to discuss delivery days and collect some details from you including any dietary requirements you have.

3

We will send you our Terms and Conditions and our latest menu.

4

Once we have your meal choices and you have returned a signed agreement to our Terms and Conditions, we will begin delivering your meals on the agreed days.





Chef Tony & the team

LifeCare is an independent charity based in Edinburgh. We provide a range of support services to help people live well and stay independent. Thanks to the support of donors and funders we can make sure that our services are accessible to all.

Find out more about our services and how you can support us at
www.lifecare-edinburgh.org.uk

Charity No: SC012641

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