



Inmans Helping Hands Community Meals

-Covid Secure-

Hot Meals delivered to your door during lockdown

Week 1	Week 2
Monday Chicken pie, mashed potato and peas. Apple crumble and custard.	Monday Shepherd's pie and vegetables. Shortbread and custard.
Wednesday Roast Dinner (the kitchen will choose either chicken, ham or pork) with roast potatoes, vegetables and stuffing. Sponge and custard.	Wednesday Roast Dinner (the kitchen will choose either chicken, ham or pork) with roast potatoes, vegetables and stuffing. Sponge and custard.
Friday Sausage, mashed potato and peas. Flapjack and custard.	Friday Fish, Chips & Peas. Iced lemon sponge.

The cost is **£4.00** per meal. Delivery will be between 12pm – 1pm.

Please give a minimum of 48 hours' notice for bookings and cancellations.

Please call 01482 899485 to order or book online at www.inmanshelpinghands.co.uk