



vegetarianforlife.org.uk

Veggie meals to your door

Whether you're
housebound or simply don't
want to cook, have ready-
made vegetarian and vegan
food delivered to your door!



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NOTES All foods listed in this guide are described by manufacturers as being made to a vegetarian recipe. Vegan items are denoted by a  icon next to the menu.

Introduction

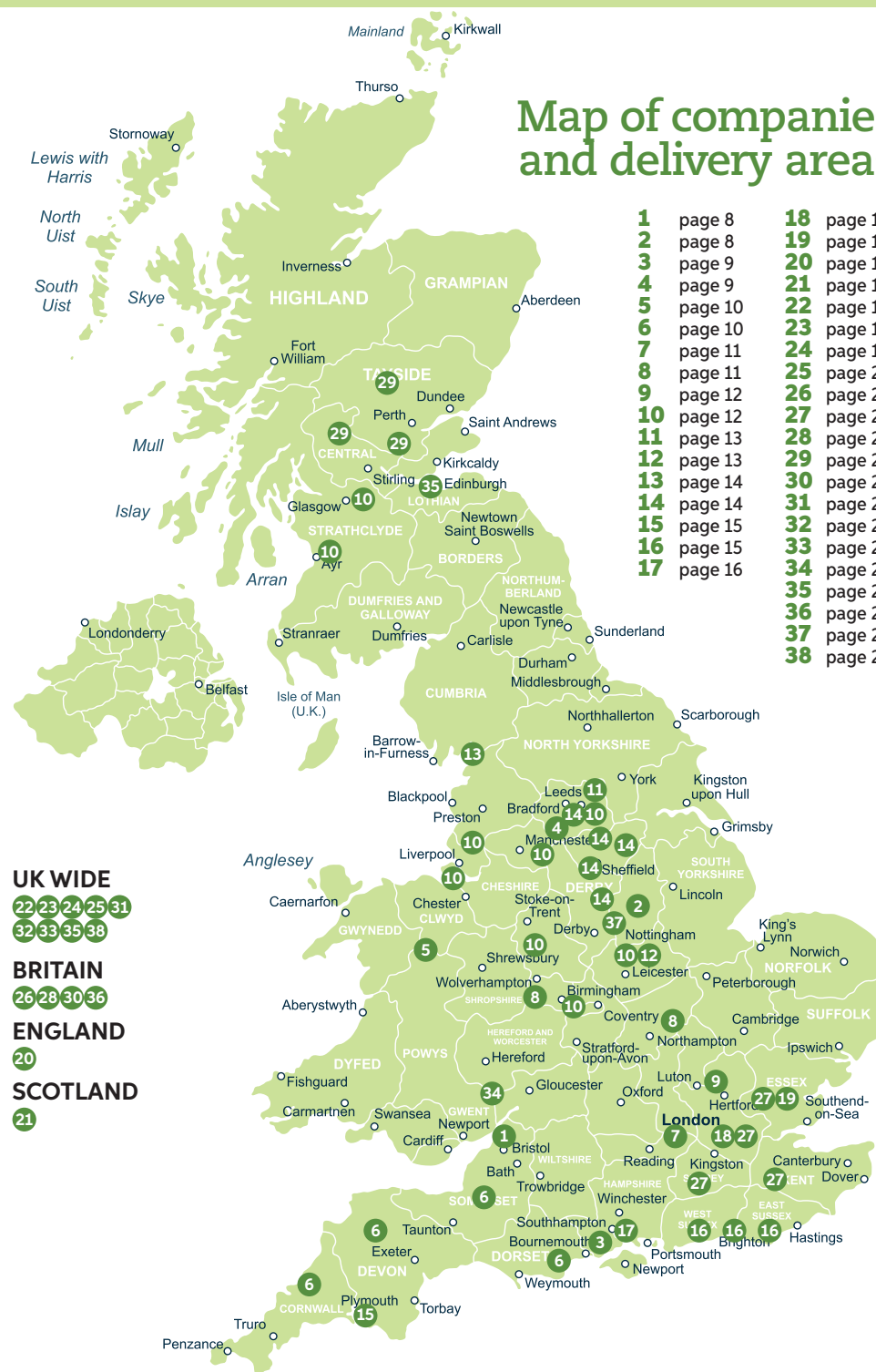
For people who are housebound, unable to cook for health reasons or simply kitchen-phobic, there is no need to compromise on taste or ethics when thinking about having meals delivered to your door.

Across the UK, companies are offering to send a variety of mouth-watering main meals, sides, soups, smoothies and desserts straight to your door. These are often hand-prepared, with well-considered ingredients, and developed by a group of experienced chefs. Dishes are available with inspiration from around the globe to suit a plethora of palates. Some are delivered as hot, ready-to-eat meals, while others may arrive chilled or frozen.

It has never been easier to find vegetarian, vegan, or gluten-free food from the comfort of your own home. Tuck in!

Map of companies and delivery areas

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Cooking in sickness and in health

As we get older, there are many reasons why we might struggle with cooking. Because of health conditions or disabilities, we may be unable to stand for long periods of time to prepare food. Or we might wrangle with pain, movement restrictions, or sight loss. Simple tasks that once were easy, such as opening tins, reaching items in cupboards, and chopping vegetables can become challenging.

Friend of VfL, Gill, says:

“Since I’ve been ill I have found it very hard to deal with cooking our meals and managing around the house. I have always cooked from scratch, which usually involves quite a bit of washing up and clearing away... [So] I have been trying to find quicker, easier ways of doing things and cooking with fewer ingredients”.

There are many things you can do to make cooking less challenging and hopefully enjoyable again, and ensure you’re still able to prepare tasty, nutritious meals. Here are our top tips:

- Declutter your kitchen and just have what you need to hand. It will be easier to stay organised that way, and to find what you need.

- Place the items you use most frequently within easy reach, so they are easily accessible. This could be on the kitchen counter or perhaps in a low kitchen cupboard or drawer.
- Some days will be easier than others. If you’re having a ‘bad’ day, make sure you have easy food options in. Doing so will ensure that you have food to eat – even if you are unable to cook that day. Items such as ready-meals or pre-prepared meals in the freezer, or tinned soup in the cupboard, can be helpful.
- Try and plan ahead so you know what you’re cooking for the week ahead.
- If you struggle with the food shopping, why not get your groceries delivered? See pages 24 and 27.
- Know your limitations and take breaks. You don’t have to do all the food preparation in one go. You can divide it into tasks and do the prep over several hours.
- If you tire or are in pain, try switching tasks. For example, chopping vegetables and peeling vegetables will use a slightly different movement, so alternating may reduce pain and give you a rest.

- If standing for too long is a struggle, try to get more comfy. Take breaks by having a perching stool or chair in the kitchen. If you find the kitchen counter is too high to reach when sitting, try preparing your food sitting at a kitchen or dining room table. You could even use a chopping board on your lap if you don’t have a suitable table.
- Only cook what you need. If a recipe serves 4 you can reduce this to 1 or 2 servings so you don’t need to prepare as much.
- But if you have a friend or family member who can help, or you are having a ‘good’ day, you could bulk cook a dish so you can freeze the extras.
- Packets of pre-chopped vegetables can make things easier if you’re struggling to chop and peel veg. Frozen or tinned vegetables are also available, and will be less expensive than chilled. It’s a good idea to keep some frozen vegetables in the freezer for an easy dinner accompaniment, too.
- Try one-pot cooking – less bending for the oven and lifting – and it has the added bonus of less washing up!
- Keep it simple. You don’t need to cook overly complicated dishes with lots of ingredients to prepare. The recipes in VfL’s Take V guide contain only five ingredients and are low-cost, quick, and easy-to-make – without lacking flavour or nutrition. Order your free copy by calling 0161 257 0887.



Top 10 kitchen gadgets:

Many tools are available to make kitchen tasks easier – from electric tin openers, to boards with grips to hold veg in place, and even auto choppers or mini food processors for chopping vegetables. You can also get items such as kettle tippers if you struggle to lift the kettle, and audio liquid level indicators if you have sight problems.

Adjacent are some of the places you can find these useful tools. You may be eligible to receive funding to cover the cost of such items or home adaptations.

For more info see www.nhs.uk/conditions/social-care-and-support-guide/care-services-equipment-and-care-homes/household-gadgets-and-equipment-to-make-life-easier

The websites below recommended by the NHS can give you personalised advice around what equipment you may find useful.

- asksara.dlf.org.uk/choose_topic.php?topic_id=1030
- <https://www.livingmadeeasy.org.uk/household/kitchen-and-household-2266/>

Or contact the Disabled Living Foundation helpline on 0300 999 0004.

- 1 If opening tins or ring pull cans is a struggle there are many tools to help, including electric tin openers. You can often go and try these out first and see which one you find the most helpful.



- 2 If chopping is difficult there are a variety of chopping boards that can hold the item. Some have spikes or clamps to hold the food you're chopping in place and some are aimed more at one-handed food prep.



- 3 Or why not try a mini chopper or food processor? You might already have one tucked away that you rarely use. It can save time and effort chopping veg such as carrots and onions.



- 4 With a kettle tipper you avoid having to pour a heavy kettle. You could also ensure you only boil what you need so it isn't too heavy to lift.



- 5 Good grip kitchen utensils such as potato mashers and hand jugs have adapted, easier to grip handles. There are also right-angled knives, graters and cheese slicers so you can slice bread, for example, while keeping your wrist in its natural position.



- 6 If grip is a problem, adapted cutlery is also available with larger handles and easier grip.



- 7 Cooking one-handed? A pan holder can hold the pan in place so you can stir a dish safely without the pan moving.



- 8 A plate guard, high-sided dishes or partitioned plates can help to avoid spillages and make it easier if you're eating with one hand.



- 9 If sight difficulties are affecting your cooking abilities, gadgets such as talking scales and liquid level indicators may help. These will talk to you and tell you how much weight you have on the scales or when the mug is nearly full. There are also adapted jugs that make the liquid level easier to see.



- 10 You may find a one pot cooker easier than cooking on the hob or in the oven. It can be kept on the counter top so you're not bending down to reach the oven or carrying pots to and from the hob. Cooking all the ingredients together in one dish saves cooking or draining vegetables separately. It saves on the washing up too!



1 Bristol City Council

Bristol Community Meals, 21 Chancery

Street, Lawrence Hill, Bristol BS5 OAZ

WEBSITE bristol.gov.uk/social-care-health/bristol-community-meals

EMAIL community.meals@bristol.gov.uk

PHONE 0117 903 1522 or 1520

COVERAGE Bristol

DELIVERY DETAILS Delivery is free, 365 days a year. 11.15am–2.00pm.

PRICES £5–£6.61 for a meal and dessert.

Vegetarian and vegan meals are pledged, with a 21-day menu cycle that “guarantees you will not eat the same main meal twice during this cycle – unless you specifically ask for it”. You can also order some ‘grocery boxes’ or hospital discharge packs.

SAMPLE MENU

BREAKFAST

- Cereal, fruit juice, yogurt or a piece of fruit, and croissant
- Porridge and fruit juice
- Omelette, chips, and beans

MAIN MEAL

- Vegetarian lasagne, vegetable curry, macaroni cheese or vegetable bean cobbler

DESSERTS

- Raspberry trifle, apple pie and custard or treacle tart and custard

TEATIME MEAL

- Sandwich or salad, and a cake, yogurt, cheese and biscuits, cold dessert or piece of fruit

2 County Enterprise Foods

Dukeries Industrial Estate, Worksop, Nottinghamshire S81 7DW

WEBSITE countyenterprisefoods.co.uk

PHONE 01623 490 015

EMAIL county.enterprisefoods@nottsc.gov.uk

COVERAGE Nottinghamshire

DELIVERY DETAILS Price includes free delivery.

PRICES Standard meal with a dessert £4.50. Go large meals with a dessert £5.50.

The only supplier of hot meals to your home in Nottinghamshire. It delivers both hot and frozen meals and can also provide hospital hampers and teatime snack packs. Has a good range of vegetarian meals and it also caters for ethnic and special diets.

SAMPLE MENU

- Vegetarian sausages, mashed potato, cabbage and peas
- Cheese and potato pie, sautéed potatoes and baked beans
- Vegetarian Bolognese
- Vegetable curry with boiled rice
- Five bean bake, hash browns and peas
- Chickpea daal
- Ginger sponge and custard
- Manchester tart
- Sticky toffee pudding and custard

TEATIME SNACK PACK

- Sandwiches with choice of two other items including cakes, crisps, fruit, fruit pot, cheese and biscuits, yoghurt or drink
- Jacket potato with soup or cake

3 Custom Lunches

7 Victory Close, Woolsbridge

Industrial Park, Three Legged Cross, Wimborne BH21 6SX

WEBSITE customlunches.co.uk

PHONE 01202 814 963 or 07752 319 520

EMAIL enquiries@customlunches.co.uk

COVERAGE Local areas of Wimborne.

DELIVERY DETAILS Every day between 11.30am–1.30pm.

PRICES Regular main £7.50 and small main £6.50. Desserts are £1.80.

Vegetarian and vegan ready-to-eat hot meals in two different sizes. A sandwich and a soup can also be ordered for the teatime meal.

SAMPLE MENU

- Vegetable pie (with cheese pastry) and potatoes and veg
- Cauliflower and broccoli bake with potatoes and veg
- Vegetable lasagne, boiled potatoes and veg
- Cheese and onion quiche, boiled potatoes and veg
- Vegetable pasty, mash and baked beans
- Vegetable hot pot, boiled potatoes and veg

4 Dabbawala

WEBSITE dabbawalayorkshire.co.uk

PHONE 07900 925 525

EMAIL info@dabbawalayorkshire.co.uk

COVERAGE Huddersfield

DELIVERY DETAILS There may be a delivery charge depending on what area you live in. Weekly menu is displayed on their Facebook page <https://m.facebook.com/dabbawalayorkshire>

PRICES £5.50 for a curry of the day, choice of rice or roti, and a small side salad.

Fully vegetarian kitchen with many vegan options. Food is cooked fresh every day.



SAMPLE MENU

- Aloo matter – potato and peas in a thick gravy sauce
- Channa dal – chickpeas cooked with fresh ginger and garlic
- Masala paneer – chunks of Indian cheese cooked in a tomato, buttery gravy
- Aloo palak – spinach and potato

5 Easy Living

Unit 5A, Glan Aber Trading Estate, Vale Road, Rhyl, Denbighshire LL18 2PL

WEBSITE

easylivingmealsonwheels.co.uk

PHONE 01745 350 506

EMAIL

easylivingflintshire@gmail.com

COVERAGE Across North Wales.

DELIVERY DETAILS Wherever possible you will be assigned with a regular delivery driver you can get familiar with.

PRICES £4.49 for a hot main meal. Dessert is £0.99 and platters are £2.99.



Easy Living delivers hot food that is made daily with traditional, home-cooking methods. Ingredients are locally sourced to support local business.

SAMPLE MENU

- Cheese & beans jacket potato
- Cheese omelette
- Vegetarian meatballs
- Homemade cheese pie
- Quorn roast dinner
- Vegetable hot pot
- Pineapple sponge
- Fruit & cream
- Bakewell tart
- Angel delight

6 Fairfoods

WEBSITE fairfoods.org.uk

PHONE 07796 774 200 or 01884 34974

EMAIL support@fairfoods.org.uk

COVERAGE Devon, Cornwall, Somerset, and Dorset.

DELIVERY DETAILS The price for delivery is 40p per mile. If you live further afield, get in touch for a minimum order quote.

Fully vegan caterer delivers food in large portions suitable for more than 5 people. Minimum order is £20 if you live within a 15 mile radius of Cullompton, Devon. Fairfoods offers a wide range of vegan options.

SAMPLE MENU

- 6 x mini garden vegetable & fresh basil quiche (£14) 
- 6 x mushroom and charred red pepper pizza (£9.60) 
- 12 x homemade vegan veggie burgers (£15) 
- 28 x sticky hoisin tofu sushi (£16) 
- 24 x smoky tofu bites with thousand island dip (£10) 



7 First Choice Catering Co.

Unit 5 Peerglow Estate, Olds Approach, Watford, Hertfordshire WD18 9SR

WEBSITE firstchoicecatering.co.uk

PHONE 01923 712 224 or 07885 641281

COVERAGE Most parts of the boroughs of Hillingdon and Watford.

DELIVERY DETAILS Delivery is free.

PRICES Two course meal is £9.00.

First Choice Catering Co. cooks hot vegetarian meals daily so they are fresh.

SAMPLE MENU

- Cauliflower, cheese & potato bake
- Vegetable cottage pie
- Spinach and sweet potato curry
- Mushroom & mixed pepper carbonara
- Roasted pepper tart
- Aubergine, courgette & red pepper risotto
- Apple pie & custard
- Chocolate fudge cake
- Lemon & raspberry sponge
- Fruit flan



8 Gourmet Meal Care

PHONE 01384 880 214

WEBSITE gourmetmealcare.co.uk

COVERAGE Borough of Wellingborough, Dudley, and Northamptonshire.

DELIVERY DETAILS Delivery is free at 12.00pm–2.00pm every day. Contact them to request coverage in other areas.

PRICES £5.00 for main meal, £0.50 for dessert, sandwich £1.50, evening snack/afternoon tea £2.50.

Several vegetarian menu items, and all meals are free from artificial additives, colours, or flavourings.



GOURMET
Meal Care

SAMPLE MENU

- Cauliflower cheese
- Vegetable lasagne
- Quorn chicken casserole
- Quorn cottage pie
- Vegetable pasta bake
- Quorn mince chili
- Mushroom stroganoff
- Marble cake with custard
- Ginger cake with custard

9 Hertfordshire ILS

WEBSITE hertsindependentliving.org

EMAIL

info@hertsindependentliving.org

PHONE 0330 200 0103

COVERAGE Hertfordshire.

DELIVERY DETAILS Meals are delivered between 11.30am–2.00pm every day throughout the year. Free delivery.

PRICES Breakfast £2.95, main meal with dessert £4.95 and teatime meal £3.45.

Vegetarian and vegan hot meals.

SAMPLE MENU

- Cheesy vegetable bake
- Vegetarian sausage casserole
- Vegetarian pasta bake
- Sweet potato and bean chili
- Vegetarian cottage pie
- Spicy root vegetable curry
- Strawberry mousse
- Raspberry trifle

BREAKFAST

- Porridge, croissant, snack and a drink

TEATIME

- Sandwich with a dessert



10 ICare

Head Office ICare Group, Building 3 Kincaig Business Park, Blackpool, Lancashire FY2 0PJ

WEBSITE icarecuisine.co.uk

PHONE 0845 604 1125 or head office: 01253 508 277

COVERAGE Local areas of Ayr, Glasgow, Leicester, Stafford, Birmingham, Tameside, Wigan, Wirral & Wakefield.

DELIVERY DETAILS Free delivery every day throughout the year.

PRICES Main meal is £6.10 including dessert.

Both hot meals and frozen food options available. Vegetarian and vegan options available.

SAMPLE MENU

- Cheesy vegetable bake
- Omelette, chips, and beans
- Vegetarian pasta Bolognese
- Cauliflower and broccoli bake
- Vegetable curry
- Vegetarian cottage pie
- Sweet potato and bean chili

11 Leeds Community Meals

Presto, Meals on Wheels, Knowsthorpe Gate, Cross Green Industrial Park, Leeds LS9 0NP

WEBSITE

www.leeds.gov.uk/residents/health-and-social-care/adult-social-care/help-to-live-at-home/preparing-meals

PHONE 0113 378 3750

EMAIL mealsonwheels@leeds.gov.uk

COVERAGE Leeds.

DELIVERY DETAILS Free delivery every day throughout the year.

PRICES £6.00 for one hot meal and one dessert. Frozen food prices range from £2.50 to £3.65 for a main course and £0.85 to £1.00 for a dessert.

Leeds Community Meals offers both hot meals and frozen food.

SAMPLE MENU

- Vegetarian sausage casserole
- Cauliflower & broccoli bake
- Vegetable lasagne
- Spicy root vegetable curry
- Omelette, chips & beans
- Sweet potato and bean chili
- Jam sponge & custard
- Rhubarb crumble & custard
- Bakewell tart & custard

12 Manav Seva

Shree Hindu Temple & Community Centre, 34 St Barnabas Road, Leicester LE5 4BD

WEBSITE manavseva.co.uk

PHONE 0116 212 2531

EMAIL info@manavseva.co.uk

COVERAGE Leicester.

DELIVERY DETAILS Free delivery from Monday to Friday.

PRICES The price for the set meal is £5.50.

Manav Seva is a fully vegetarian caterer, which provides a variety of Indian foods. A set meal consists of one main meal, a soup, and a salad. Every day it provides a different curry, daal, rice, Indian sweet and savoury.

SAMPLE MENU

- Spinach and aubergine mix curry
- Urad daal
- Aubergine bharta
- Kadhi
- Khicadi
- Green salad, poppadoms, chapati



MANAV SEVA COMMUNITY CENTRE CIC
Supporting the needs of our local community

13 My Chef

Berkeley House, Mowbray Drive,
Blackpool FY3 7UN

WEBSITE b-c-m.co.uk

PHONE 01253 305 200 or 0800 146 330

COVERAGE North West England.

DELIVERY DETAILS Free delivery every day.

PRICES £5.60 for a 'value' 2-course meal, and £5.95 for a 'premium' (larger) 2-course meal. You can also add a teatime pack for another £2.45.

This family business has been serving people for more than 15 years.



SAMPLE MENU

- Cheese and onion quiche
- Spicy bean casserole
- Spanish omelette
- Vegetable lasagne
- Vegetable pasta bake
- Jacket potato with cheese and onion
- Butternut squash and butterbean stew
- Strawberry gateau
- Ginger sponge and custard
- Stewed apple and rice

14 Park Care Meals

Sycamore Centre, Sycamore Rd,
Eastwood Trading Estate, Rotherham
S65 1EN

WEBSITE parkcaremeals.co.uk

PHONE 01274 498 877 (Bradford) or
01709 378 100 (Sheffield)

EMAIL info@parkcaremeals.co.uk

COVERAGE Barnsley, Bradford,
Chesterfield, Doncaster, Rotherham,
Sheffield and areas of Derbyshire.

DELIVERY DETAILS Free delivery every day between 11.30am–1.30pm.

PRICES A meal with a dessert costs £6.

Park Care Meals provides both hot and frozen vegetarian meals. It does not use any preservatives or additives.

SAMPLE MENU

- Cheesy vegetable bake with broccoli & boiled potatoes
- Leek & mushroom pasta mornay with seasonal vegetables
- Vegetable curry with rice
- Vegetarian grill with cauliflower, peas & sauté potatoes
- Sticky toffee pudding with custard
- Apricot crumble with custard
- Coconut sponge with custard

15 Plymouth Community Meals

WEBSITE www.plymouth.gov.uk/adultcareandhealth/helpyourownhome/plymouthcommunitymeals

PHONE 01752 305 140

COVERAGE Plymouth.

DELIVERY DETAILS Free delivery every day.

PRICES A two-course lunch starts from £6. You also can add a teatime meal for £2.75.

The meals are cooked fresh every day. Call them between 9am and 3pm Monday to Friday.



SAMPLE MENU

- Vegetable moussaka
- Vegetable pie
- Meat-free sausage roll
- Three bean chili
- Cheese and onion quiche
- Vegetable curry
- Vegetable casserole
- Lemon drizzle cake
- Dorset apple cake
- Rice pudding with peaches

TEATIME SNACK

- Sandwich (white, malted, or brown) with a cake or a muffin

16 Presto

WEBSITE getpresto.co.uk

PHONE 01323 643 726

COVERAGE Deliver hot lunches in West Sussex, East Sussex and Brighton & Hove.

DELIVERY DETAILS Free delivery every day between 11.30am–2.30pm.

PRICES Subscription prices include a main dish and dessert, delivered to your door hot and ready-to-eat:

3 meals/week – £24 a week;

5 meals/week – £40 a week;

7 meals/week – £56 a week.

Subscriptions can be paused or cancelled at any time.

All food is cooked on-site in its kitchen and it uses organic, free-range ingredients.

SAMPLE MENU

- Mushroom risotto
- Butternut squash curry
- Macaroni cheese
- Vegetable lasagne
- Cannelloni
- Cauliflower cheese
- Exotic fruits
- Chocolate brownie
- Rhubarb crumble

17 Roast Out

405 Romsey Road, Southampton
SO16 9GJ

WEBSITE roastout.co.uk

PHONE 0238 032 6664

EMAIL info@roastout.co.uk

COVERAGE Southampton.

DELIVERY DETAILS Daily delivery between 11.30am–1.30pm. Prices include delivery.

PRICES £5.90 for hot lunch, £3 for teatime meals, and £1.10 for dessert.

This family-run business delivers some hot vegetarian dishes daily. It can provide vegan meals on request.



SAMPLE MENU

All hot meals served with potatoes and three veg

- Cheese & onion quiche
- Macaroni cheese
- Egg & cheese salad
- Bean burger
- Vegetable bake
- Fruit crumble with cream or custard
- Apple pie with cream or custard
- Steamed pudding with cream or custard

TEATIME MEAL

- A selection of items such as sandwiches, fruit, yogurt, and snacks.

18 Sodexo

Sodexo Home Service, 61 Harewood Ave, Marylebone, London NW1 6PA

WEBSITE www.housingcare.org/service/ser-info-9704-sodexo-home-ser.aspx

PHONE 0207 402 0785

COVERAGE Many boroughs of Greater London.

DELIVERY DETAILS Hot meals delivered daily between 11.45am–2.15pm.

PRICES The price is £6.75 for one main meal and one dessert. Teatime meal £3.25.

Sodexo offers standard



Western European meals and a wide range of ethnic cultural and religious meals.

SAMPLE MENU

- Cauliflower cheese
- Lentil stew
- Soya chili
- Cheese omelette
- Chickpeas & spinach curry
- Vegetarian sausage casserole
- Triple chocolate trifle
- Creme caramel
- Raspberry jelly
- Crunchy shortcake sundae

19 The Eatery

14–18 Heralds Way, South Woodham Ferrers, Chelmsford, Essex CM3 5TQ

WEBSITE the-eatery.net

PHONE 01245 322 263

EMAIL orders@the-eatery.net

COVERAGE Essex.

DELIVERY DETAILS Delivery is twice daily apart from Sunday (only lunch service). Prices £6 for a ready-to-eat hot meal plus a dessert or sandwich.

The Eatery delivers hot meals both at lunch time and early evening so you can choose which one is more suitable.

SAMPLE MENU

- Jacket potato, cheese & beans
- Quiche, potatoes & salad
- Macaroni cheese & veggies
- Egg mayonnaise sandwich
- Cheese sandwich
- Apple pie
- Gateau
- Chocolate pudding
- Sticky toffee pudding



Something more homely

Currently two schemes in the UK offer home-cooked food, made by neighbours for neighbours.

20 Casserole Club

WEBSITE casseroleclub.com
EMAIL hello@casseroleclub.com

In local areas across England, cooks sign up online while diners are referred either over the phone or through the website. Once appropriately paired with one another, the cook prepares an extra portion of food in their own home and delivers it to their diner.

A meal share visit usually lasts 30 minutes and if the diner and the cook enjoy the experience, they can go on to share more food or they could meet someone new.

All volunteer cooks have to complete a Disclosure and Barring Service check before they are introduced to diners



21 Meal Makers

WEBSITE mealmakers.org.uk
EMAIL hello@mealmakers.org.uk
PHONE 0141 551 8118 or 0800 783 7770

Meal Makers is a Scottish charity that currently runs in: Edinburgh, Dumfries & Galloway, Glasgow, Fife, North Ayrshire, Dundee, Perth & Kinross, West Lothian, Stirling, Scottish Borders, and Renfrewshire. Meal Makers will continue to be rolled out across Scotland, so do contact them to check if they now operate in your local area.

Cooks and diners are encouraged to sign up and are paired up appropriately. When preparing their usual meals, cooks make an extra portion for an older diner who would appreciate home cooked food delivered to them every now and then. All cooks have to undertake a Protecting Vulnerable Groups (PVG) Check and take a short food hygiene quiz before sharing a meal. Dietary requirements are taken at the point of signing up and will be shared between the cook and the diner.



Restaurant food... delivered to you

An occasional takeaway meal can be a tasty treat and there are so many vegetarian and vegan options available.

Check whether your local Chinese or Thai offers tofu or other meat alternatives. Many Indian dishes are made using pulses such as lentils and chickpeas. Pizzerias can do pizzas without cheese (if they don't have a dairy-free alternative available) – just ask for extra veggie toppings instead!

22 Deliveroo

WEBSITE deliveroo.co.uk
PHONE 0203 699 9977
EMAIL support@deliveroo.co.uk

Deliveroo offers your favourite restaurant's food, delivered fast to your door. Whether you're partial to something at Wagamamas or

Pizza Express, there are a huge range of restaurants using this service. Most offer vegan dishes too – try out Zizzi's pizzas made with a mozzarella alternative or the fresh flavours from The Good Life Eatery.

A minimum order price may apply. The delivery cost should be the same as that normally charged by the restaurant. Card payments only.



Other ways to find restaurants delivering right now, near you.

23 JUST EAT

just-eat.co.uk – online orders only

24 UBER EATS

ubereats.com – online orders only



25 Parsley Box

Parsley Box Ltd, Unit 6, Cliftonhall Yards, Newbridge EH28 8QN

WEBSITE parsleybox.com

PHONE 0800 612 7225

EMAIL care@parsleybox.com

COVERAGE UK mainland.

DELIVERY DETAILS Free next day delivery on orders over £19.

Parsley Box meals arrive at ambient temperature. The meals do not need to be refrigerated or frozen – they can be stored in the cupboard for up to 6 months. Its meals take just minutes to heat through.

SAMPLE MENU AND PRICES

- Chunky vegetable soup (£1.25)
- Mild vegetable chili (£2.99)
- Carrot & swede potato mash (£1.25)
- Tarka dhal (£2.99) 
- Sticky toffee pudding sponge (£1.25)
- Chocolate sponge pudding (£1.25)
- Creamy rice pudding (£1.50)

ParsleyBox

26 Prep Perfect

34 High View Close, Leicester Food Park, Leicestershire LE4 9LJ

WEBSITE prepperfect.co.uk

PHONE 0116 276 0222

EMAIL info@prepperfect.co.uk

COVERAGE Britain.

DELIVERY DETAILS Delivers Tuesday to Saturday. Minimum order £20. Free delivery on orders over £50.

Fresh food is delivered with a cool thermo box so it will be ready to be consumed on arrival, cold or heated. Vegetarian and vegan food available.

SAMPLE MENU AND PRICES

- Chocolate protein waffles (£4.50)
- Vegan colour bowl (£5.50) 
- Matar paneer, chana & cauliflower rice (£6.00)
- Falafel with carrot & sweet potato (£6.00) 
- Spicy chickpea and spinach stew (£4.60)
- Satay tofu (£6)
- Tofu katsu curry (£5.75) 



PREP PERFECT

27 Shambhu's

North West London

WEBSITE shambhus.co.uk

PHONE 0208 931 0030

EMAIL contact@shambhus.co.uk

COVERAGE Addresses in London and the home counties.

DELIVERY DETAILS Free delivery for a minimum order of £200 (North, North West, Inner North, and Central London areas only). For orders less than £200 and other areas, a delivery charge applies. Minimum order £100.

This fully vegan caterer creates meals available in individual portion sizes, delivered chilled, that can be stored in your freezer.

SAMPLE MENU

- Burrito (£6.00) 
- Shambhu's classic pizza (£8.00) 
- Vegetable samosas (£1.00 each) 
- Spinach cannelloni (£6.50) 
- Vegetable biriyani (£6.00) 
- Spinach and cashew nut rice (£6.00) 
- Tangy tofu (£6.50) 
- Chocolate fudge slice (£2.00) 
- Chocolate and orange vegan cheesecake (£3.00) 



28 Allplants

London, England

WEBSITE allplants.com

Phone 0208 068 1700

EMAIL kitchen@allplants.com

COVERAGE Delivery to most parts of England and Wales, including Channel Islands, and to some parts of Scotland such as Dundee, Aberdeen, Glasgow, Argyll, and Northern Highlands.

DELIVERY DETAILS Delivery is free on weekdays and £2.50 on weekends.

PRICES The price for 6 meals is £40.50 if subscribing.

This is a fully vegan caterer that delivers frozen food. You can pick six meals for one package.

SAMPLE MENU

- Super green risotto 
- Mac and greens 
- BBQ burrito bowl 
- Golden sesame satay 
- Lasagne noci 
- Kimchi grain bowl 
- Polpette orzo 



29 Blueberry Hill

Blueberry Hill Meals Ltd., Unit 61 John Player Building, Stirling FK7 7RP

WEBSITE blueberryhillmeals.co.uk

PHONE 01786 357 560

EMAIL

hello@blueberryhillmeals.co.uk

COVERAGE Most parts of Central Scotland, Stirlingshire, Perthshire and Tayside. Call to check if Blueberry Hill delivers to your area.

DELIVERY DETAILS Free delivery.

This family business does not use any preservatives, additives, or colourings in its vegetarian and vegan meals.

SAMPLE MENU AND PRICES

- Carrot and coriander soup (£2.20)
- Mushroom stroganoff (£3.20)
- Vegetable naan bread pizza (£3.10)
- Vegetable chili baked potato (£3.00)
- Vegetarian chili with rice (£3.90)
- Emily's carrot cake (£1.70)
- Chocolate fudge cake (£1.95)
- Creamed rice pudding (£2.30)
- Syrup sponge (£2.20)



30 Chef on Board

Unit 11 Webton Business Park, Kingstone, Herefordshire HR2 9NF

WEBSITE chefonboard.com

PHONE 01981 250 494

EMAIL mail@chefonboard.com

COVERAGE Most of mainland Britain.

DELIVERY DETAILS Delivery from Tuesday to Friday (from 8.00am–4.00pm). The minimum order is £40 excluding delivery. Delivery charge ranges from £7.50–£8.95. Free delivery with orders over £85.

It does not use any artificial colours, flavours, or preservatives. Where possible all ingredients are sourced locally.

SAMPLE MENU AND PRICES

- Aubergine & mozzarella bake (£4.50)
- Roast vegetable lasagne (£4.50)
- Roasted vegetable casserole (£4.25)
- Vegetable tagine (£4.50)
- Root vegetable crumble (£4.25)
- Roast vegetable curry (£4.25)



31 COOK

The COOK Kitchen, Eurolink Way, Sittingbourne, Kent ME10 3HH

WEBSITE cookfood.net

PHONE 01732 759 000

COVERAGE Delivered nationwide.

DELIVERY DETAILS Free with a minimum order of £35 (depending on the area). Extra £5.00 charge for delivery from local COOK shop or £6.95 if it uses a courier (£8.95 on Saturday). Delivery Tuesday to Friday.

Its tagline is 'made like you would at home'. It has a good range of vegetarian meals.

SAMPLE MENU AND PRICES

- Mushroom spaghetti Bolognese (£4.50) 
- Red lentil & aubergine moussaka (£4.50)
- Spiced cauliflower & aubergine shakshuka (£4.50) or serves 2 (£7.75)
- Two bean chili with sweet potato and brown rice (£4.25) 



32 Goodness Direct

South March, Daventry, Northants
NN11 4PH

WEBSITE goodnessdirect.co.uk

PHONE 0208 520 4774

EMAIL info@goodnessdirect.co.uk

COVERAGE Delivers across the UK.

DELIVERY DETAILS Free delivery for all orders for over £35. £4.49 delivery charge for orders under £35.

This is an online retail shop with natural and organic food products. Place your order online, call, or request a brochure.

SAMPLE FOOD AND PRICES

- Amy's Kitchen Thai red curry 285g (£4.30)
- Amy's Kitchen gluten-free vegetable lasagne 265g (£3.50)
- Clive's organic lentil & olive gluten-free pies 260g (£2.99)
- Amy's Kitchen rice mac & cheese non-dairy 227g (£3.00)

**GOODNESS
DIRECT**

33 Gourmade

Highleigh Road, Chichester PO20
7NR

WEBSITE gourmade.com

PHONE 0845 2411 568

EMAIL hello@gourmade.com

COVERAGE Delivery is to mainland UK.

DELIVERY DETAILS Free delivery on orders over £50. £7.50 delivery charge for orders under £50.

Gourmade uses quality ingredients and no preservatives or chemicals are added to its food.

SAMPLE MENU AND PRICES

- Butternut squash lasagne (£4.50)
- Macaroni cheese with leeks & cauliflower (£4.50)
- Vegetable madras (£4.50)
- Sweet potato wedges (£4.50)
- Potato dauphinoise (£3.75)
- Maple & honey mustard roasted parsnips (£4.50)
- Sicilian lemon roulade (serves 2, £5.00)
- Rhubarb and strawberry crumble (serves 2, £5.00)

GOURMADE
LIVE MORE · COOK LESS

34 Monmouthshire Vegetarian Food Co.

22 Walnut Drive, Caerleon, Newport,
Gwent NP18 3SB

WEBSITE veggiefoodco.com

PHONE 07968 617 634

EMAIL rachel@veggiefoodco.com

COVERAGE Throughout

Monmouthshire or further afield upon request.

DELIVERY DETAILS Delivery is free for orders over £35. A charge of £5.00 applied for orders under this value.

This fully vegetarian caterer uses the 'finest quality ingredients' that are locally sourced (whenever possible).

SAMPLE MENU AND PRICES

- Pepper boats (£2.90) 
- Broccoli pancakes (£1.60)
- Glamorgan sausage (£0.95)
- Leek & bean casserole (£2.90) 
- Chili 'con' carne (£2.90) 
- Gruyere & shallot Wellington (£2.90)
- Chocolate fudge brownies (£1.40)
- Apple & gooseberry crumble (£1.40)
- Welsh cake (£0.35)
- Sticky toffee pudding (£1.40)

[MONMOUTHSHIRE VEGETARIAN FOOD Co.](http://www.veggiefoodco.com)
http://www.veggiefoodco.com

35 New Norm

19–25 William Street, Edinburgh
EH3 7NG

WEBSITE newnorm.co.uk

PHONE 07841 827 381

EMAIL

newnorm.plantbased@gmail.com

COVERAGE UK.

DELIVERY DETAILS Everything is delivered frozen. Any day Tuesday to Friday. Prices include free delivery.

PRICES Grab and go back-up plan £46 for 7 main meals or £90 for 14 meals.

Homemade, individually portioned plant-based meals direct to your door.

SAMPLE MENU

- Sri Lankan curry 
- Moroccan tagine 
- Sweet potato and spinach dhal 
- Bean burger with sweet potato wedges 

36 Oakhouse Foods

Melksham, Wiltshire SN12 8BU

WEBSITE oakhousefoods.co.uk

PHONE 0333 370 6700

EMAIL

enquiries@oakhousefoods.co.uk

COVERAGE Delivery to almost all areas of Britain.

DELIVERY Delivery is free for orders over £30.

In addition to vegetarian and vegan options, Oakhouse Foods pays attention to special diets such as free-from gluten-, nut-, or lactose- meals.

SAMPLE MENU AND PRICES

- Roasted vegetables & goat cheese (£4.99)
- Vegetable chili (£3.65)
- Vegetable pie (£3.70)
- Vegetable rigatoni (£4.40)
- Omelette, chips & peas (£3.80)
- Vegetable hot pot (£3.35)
- Jacket potatoes (£3.30)
- Wild mushroom & butternut risotto (£4.99)
- Strawberry cheesecake (serves 2, £5.25)
- Sticky toffee pudding (£3.35)
- Jam sponge with custard (serves 2, £3.75)
- Apple crumble (serves 2, £3.70)



37 Ofishial Food

17–18 Sugarswell Business Park,
Sugarswell Lane, Shenington,
Oxfordshire OX15 6HW

WEBSITE ofishial-foods.co.uk

PHONE 01295 680 999

EMAIL orders@ofishial-foods.co.uk

COVERAGE East and West Midlands.

DELIVERY DETAILS Delivery is free with no minimum order.

Handmade frozen ready meals, delivered to your door. Main meals come in 2 sizes, 250g or 400g.

SAMPLE MENU

- Mushroom stroganoff (£2.95 for 250g or £4 for 400g)
- Cheesy vegetable cakes (£3.20)
- Roasted vegetable lasagne (£3.10 for 250g or £4.15 for 400g)
- Butternut squash casserole (£3.35 for 250g or £4.65 for 400g)
- Cheese, potato and onion pie (£3.20 for 250g or £4.50 for 400g)
- Apple crumble and custard (£2.15)
- Lemon meringue pie (£3.00)



38 Wiltshire Farm Foods

Unit A&B, 96 The Down, Trowbridge
BA14 7NQ

WEBSITE wiltshirefarmfoods.com

PHONE 0800 077 3100

COVERAGE Throughout the UK.

DELIVERY DETAILS Free delivery, but depending on address a minimum order may apply.

Wiltshire Farm Foods offers a number of meal options for people with food allergies and intolerances (gluten, nuts, milk, egg, fish, peanuts, sesame, and many more).

SAMPLE MENU

- Cheese & onion quiche (£4.25)
- Vegetable curry (£3.45) 
- Butternut squash & butterbean stew (£3.19)
- Vegetable lasagne (£3.85)
- Vegetarian hotpot (£3.49)
- Jam sponge & custard (£1.09)
- Reduced sugar jam roly poly and custard (£1.15)
- Gluten free rhubarb crumble (£1.65)



Supermarket shopping

A range of supermarkets now offer home delivery, such as Tesco, Asda, Sainsbury's, Ocado, Waitrose, Morrisons, Iceland and Amazon Pantry. Great news if you want to stock up on fresh goods as well as ready meals plus a range of other household goods. Don't forget Sainsbury's range of free-from coconut-based alternatives to cheese and Quorn's new vegan range including vegan nuggets and 'fishless' fingers. With the exception of Sainsbury's, all of these supermarkets only accept online orders.

Amazon pantry

amazon.co.uk/groceries

Ocado ocado.com

Iceland iceland.co.uk

Morrisons groceries.morrisons.com

Asda groceries.asda.com

Sainsburys sainsburys.co.uk

Also accepts phone orders.

Call 0800 328 1700

Tesco tesco.com/groceries

Waitrose waitrose.com

Alternative stores:

alternativestores.com



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Vegetarian for Life (VfL) is the UK charity working on behalf of older vegetarians and vegans. Contact us for details of our charitable funds to support independent living; care homes that cater for older vegans and vegetarians; advocacy services to support your diet; no-fuss recipe guides; and more.

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© Vegetarian for Life, 2019. While every care has been taken to ensure that the dishes advertised by companies were suitable for a vegan or vegetarian diet at the time of going to press, we recommend that you satisfy yourself that dishes will meet your dietary requirements before placing an order.