

FAQs

Is the service subsidised by NHS Highland?

NHS Highland shall undertake an assessment of potential people who wish to use the service, if you have been assessed as needing the service, further information will be supplied to enable the service to commence and your local office can advise you of the cost per meal.

What happens if I'm not at home for my delivery?

The driver is not allowed to leave the meals if you are not at home; so if you are going to be out, please phone the office preferably 3 days in advance so that we can arrange another delivery day.

Is there a minimum delivery?

Yes 10 meals per delivery

Do I need to pay extra for delivery?

Not at all, it's all included in the price of your meal.

I'm a Carer for my Partner, can I also receive the service?

Yes we will consider your circumstances and give support to relieve or prevent Carer stress.



How to sign up to the service

To sign yourself or a relative up for the service, simply call us and we'll talk you through the cost, simple sign up and meal delivery process and get you started.

East Ross	01349 853131
Mid Ross	01349 860460
Inverness	01463 888333
Nairn & Ardesier	01667 422702
Badenoch & Strathspey	01479 812618
Skye, Lochalsh & West Ross	01471 820174
Caithness	01955 606915
Sutherland	01408 664018

Home Meals Service

Delicious, nutritious meals delivered straight to your door





Home Meals Service

Tasty, nutritious meals can be delivered straight to your door through Care at Home.

Eating well is an essential part of everyday living but the reality of preparing a nutritional, satisfying meal can be a bit of a challenge at times.

Our home meals delivery service has been created to ensure enjoying a delicious hot meal every day is as easy as possible, helping you maintain your independence.

- Over 60 delicious meals to choose from
- Meals delivered straight to your freezer
- Freezers and microwaves available on free loan
- Gives you freedom and flexibility
- Supports independence

Tasty, nutritious meals

We offer a varied selection of nutritious soups, main meals and desserts to suit all tastes and dietary requirements, including low fat or salt, gluten free or reduced sugars, vegetarian and vegan. Also for those who have swallowing difficulties.

Our menu selector contains descriptions of approximately 60 choices on the menu, and you'll be able to personalise your choices to meet your own requirements and preferences.



How our Service works

1. From our menu selector simply choose your meals and complete an order form. Each two course meal will consist of a soup and a main course OR a main course and a dessert.
2. Your chosen meals will be delivered FREE to your door every 2 weeks by Wiltshire Farm Foods. The driver will even place the meals directly into your freezer.
3. Payment can be made by card over the phone or to your driver either by cash or cheque. The driver will wear an identity badge when making the delivery. Please hand your next order to the driver before they leave.
4. All our meals are easy to prepare. You will find instructions on each label. Simply place your meal in the microwave or oven. Most meals take 8 - 12 minutes in the microwave or 35 minutes in the oven.
5. All meals should be cooked directly from frozen and not allowed to thaw first. Once you have heated your meal they are not suitable to be re-frozen or re-heated.