

# No Cooking - Less Hassle!



## Struggling to Get Out and About?

Try Our Delicious Hot Lunches, Delivered to Your Door



### The Benefits to You:

- Meals Freshly Prepared Daily ●
- Delivered Throughout Ainsdale & Surrounding Area (Lunchtime Monday to Friday) ●
- 2 Courses - Main & Pudding (Can be stored & reheated later) ●
- Nutritious & Filling ●
- Menu Varies Weekly ●
- Relieves the Stress of Meal Planning & Preparation ●
- Special Dietary Requirements Can Be Catered For ●
- Friendly Volunteer Delivery Drivers (All DBS Checked) ●

**Call Us: 01704 574838**

To Book or Find Out More

[ainsdalelunchandleisure.org.uk](http://ainsdalelunchandleisure.org.uk)



**Ainsdale Lunch and Leisure**

Registered Charity 1129183 Company Number 6846070