MEAL DELIVERY

ICARE CUISINE — 0845 604 1125

HOT & COLD MEALS

- Main meals from £3.00 - £4.10
- No delivery charge

OAKHOUSE FOODS — 0845 602 6312

COLD MEALS

- Main meals from £2.25 - £4.99
- No delivery charge
- No minimum order

readymealsathome.com — 01524 402340

COLD MEALS

- Main meals £2 - £4
- No delivery charge

WESTGATE BUTCHERS — 01524 415111

HOT MEALS

- All £4 each.
- No delivery charge.
- Delivery to Morecambe Area
- Delivery to Carnforth or Lancaster (min. order 3 meals)

WILTSHIRE FARM FOODS — 01768 899601

COLD MEALS

- Main meals from £2.40 - £5
- No delivery charge

For information or support with any query,
contact Help Direct:

Telephone: **0303 333 1111**
Email: **askus@loc.helpdirectlancs.org.uk**
Website: www.helpdirect.org.uk

LOCAL SHOPS WHO DELIVER

July 2011

LANCASTER AREA

ALDCLIFFE STORES (Aldcliffe) — 01524 32042

- No delivery charge.
- Minimum order £5
- Call before 11am for same day delivery
- No weekend delivery

COSTCUTTERS (Skerton) — 01524 39996

- No delivery charge.
- Minimum Order £10
- Delivery to Mainway Area Only

PREMIER STORES (Moorlands) — 01524 846213

- No delivery charge.
- No minimum order.
- Moorlands and Primrose Area Only

ARNSIDE AREA

AVERY'S of ARNSIDE — 01524 762052

- No delivery charge.
- Minimum Order £10
- FRIDAY delivery only
- Arnside and Storth Area

CARNFORTH AREA

SPAR 01524 732260

- No delivery charge or minimum order required
- Deliver to Highfield Estate Only

HALTON AREA

HALTON VILLAGE STORE 01524 812224

- Free delivery in Halton and Aughton
- Delivery to other areas by negotiation

HEYSHAM AREA

McCOLLS STORE 01524 853894

- £3.00 delivery charge (single or multiple deliveries per week)
- No minimum order
- Phone order on the day before required
- Delivery in West End and Heysham areas

R.S. NORMAN BUTCHERS 01524 851062

- No delivery charge or minimum order required
- Delivery weekdays after 5pm, or Saturday mornings
- Delivery to Morecambe and Heysham

MORECAMBE AREA

BARE VILLAGE BUTCHERS 01524 410589

- No delivery charge
- No minimum order.
- Delivery usually Fridays
- Delivery to Morecambe, Hest Bank, Torrisholme and Bolton-le-Sands

ICELAND (Arndale Centre) 01524 419403

- Purchase in store and arrange delivery
- No delivery charge.
- Minimum Order £25

SEABORN STORES, BARE 01524 424411

- Newsagents, off-licence, groceries
- No delivery charge.
- Minimum Order £5
- Bare Area Only

WESTGATE BUTCHERS 01524 415111

- Min Meat Order £10
- No delivery charge.

MORECAMBE MARKET

(OPEN TUES, THURS, SAT, SUN 9.00am – 4.30pm)

KENNEDY'S BUTCHERS 07718 507590

- Free delivery on orders over £10

WILLIAMS BAKERY 07939 285282

- Free delivery on orders over £5

PETZ@BAY (Pet supplies) 07852 184277

- Free delivery in Morecambe and Heysham on larger/heavier purchases.

ONLINE SHOPPING

ASDA – www.asda.com (Online shopping & Delivery)
TESCO – www.tesco.com (Online shopping & Delivery)
SAINSBURY'S - www.sainsburys.co.uk (Online shopping & Delivery)
MARKS & SPENCER – www.marksandspencer.com (Online shopping – Must be collected)