

Guide to Home Meal Delivery options. Specialist providers and supermarkets

This information was reviewed in September 2019

Frozen food delivery provider	Description	Days / Times / Costs	Any other relevant information	Website
Wiltshire Farm Foods	Free frozen meal delivery delivered direct to resident's door by drivers local to them. Orders made online or over the phone.	Meals range from £3.19 to £5.55. Individuals will be given a choice of available delivery days when placing their order and they can pay when they order or on delivery. Each person will be advised on available time slots.	Breakfasts, starters and deserts available from £0.99 to £2.19. 7 day menu packs (main meal plus desert) available for £37.99. Special diet, free from and pureed meals available.	https://www.wiltshirefarmfoods.com/
Parsleybox	Long-life, non-frozen meals delivered to resident's door. Orders online or over phone.	Meals from £2.99 each. Free delivery on orders over £19.	Full range of foods including breakfasts, main meals and puddings. 'Bundles' available of different cuisines and staples. Meals can be stored for up to 6 months without a freezer	https://www.parsleybox.com/
Cookfood.net	Frozen meal delivery delivered direct to resident's door by drivers local to them. Orders made online.	Meals range from £3.75 to £5. Delivery £5. Minimum order £30. Free delivery for orders over £50. Delivery slots 9am-2pm, and 5pm-8pm.	Deserts available from £3.50 to £4. 7 meals for £32.25. Meals for Two – 3 for £20. Special diet and free from meals available.	https://www.cookfood.net/

Oakhouse Foods	Frozen meal delivery delivered direct to residents' door by drivers local to them. Orders made online or over the phone.	Meals range from £3.50 to £6.55. Delivery £1. Free delivery for orders over £30.	Breakfast from £2.99 to £6.05. Deserts from £1.80 to £5.55. 7 day menu packs (main meal plus desert) available for £31. Special diet, free from and pureed meals available.	https://www.oakhousefoods.co.uk/
Jamaica on Ice (JOI)	Frozen Caribbean food range that can be delivered to your London address	Meals cost £5.50 Free delivery (subject to minimum purchase amount)	Minimum order of four meals	https://jamaicaonice.com/
Supermarket	Online Shopping	Delivery Costs	Offer Examples	Food Ranges
Tesco	Yes	One off orders £3 - £7 depending on delivery time/day Subscription £3.49-12.99 per month including same-day. "unlimited" deliveries - £40 minimum order, or £4 additional fee.	Price ranges £1-£5 each. Multi-buy offers available to bring more expensive meal prices down to £2 each, or individual discounts.	Halal, Kosher, Indian, Mediterranean/Italian, Mexian/American, Oriental/Chinese, Vegan, Vegetarian, Gluten free, Dairy free, Organic, Pescetarian
Sainsbury's	Yes	One off orders £0.50-£7.00 cost depending on delivery time/day if order £40+, £7 if order below £40, free over £100 Subscription - £2.50-6.67 per month. "unlimited" deliveries - £40 minimum order, or will be charged standard fee	Price ranges £1.60-£4 each. No multibuy offers, individual discounts.	Halal, Kosher, Indian, Mediterranean/Italian, Oriental/Chinese, Mexican/American, Vegan, Vegetarian, Gluten free
Asda	Yes	One off orders £2 - £6.50 depending on delivery time/day Subscription - £2-5 per month. "unlimited" deliveries - £40 minimum order	Price ranges £0.90-£3.50 each. Multi-buy offers available to bring more expensive meal prices down to £2 each.	Halal, Kosher, Indian, Mediterranean/Italian, Oriental/Chinese, Mexican/American, Vegan, Vegetarian, Gluten free, and caters to other allergies

Morrisons	Yes	One off orders £1.50 - £6.50 Subscription - £2.92-8.00 per month. "unlimited" deliveries - £40 minimum order	Price ranges £1.00-£4.00 each. Multi-buy offers available to bring more expensive meal prices down to £2 each.	Halal, Kosher, Indian, Mediterranean/Italian, Oriental/Chinese, Mexican/American, Vegan, Vegetarian
Waitrose	Yes	Free delivery between 6am to 9pm.	Price ranges £2.40-£7.50 each. Individual meal discounts.	Indian, Mediterranean/Italian, Oriental/Chinese, Mexican/American meals available. Vegan, Vegetarian, Gluten free and low calorie frozen meals available.
Iceland	Yes	Minimum order of £25, with additional £2 delivery fee. Free delivery on orders over £35. Two-hour delivery slots available between 8am and 9pm.	Price ranges £1 - £4.50 each. Individual meal discounts.	Indian, Mediterranean/Italian, Oriental/Chinese, Mexican/American meals available. Low calorie frozen meals available.

For more information, visit the People First website at www.peoplefirstinfo.org.uk

