

## COOK food

COOK offer a range of freshly made frozen meals that can be delivered to you at home. You can subscribe or order on a flexible basis.

Their meal options include:

- Vegetarian and vegan
- Gluten and dairy free
- Meal Boxes for One or for Two
- Healthy Meal Boxes
- New Parents Meal Boxes
- Family & Kids' Meal Boxes

They offer discounts for:

- New parents
- community kitchens and community meal events
- kids meals

They offer home delivery Tuesday to Saturday for Newcastle residents

You can also buy their meals at Fenwicks Newcastle or their COOK shop in Morpeth

Check their website for more information on meals, nutritional information and deliveries.

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**Telephone:** 01732759020

**Website:** <http://www.cookfood.net/>

**Facebook:** <https://www.facebook.com/thecookkitchen/>

**Cost:** There may be a cost to this service/support

**Address:**

The COOK Kitchen  
Sittingbourne  
Kent  
ME10 3HH

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