# THE MELLING CHRON **Lune View Garage** 26th February 1990 **Parish Council News Another Mystery Photo** St Wilfrid's Church Fundraising **Covid-19 - Coronavirus Information For Melling-With-Wrayton**

## The Melling Chronicle

In This Month's Issue	
News From Melling And Wrayton	4
Covid-19 - Coronavirus	4
Lune View Garage	6
Parish Council	7
St Wilfrid's Church Fundraising	8
Another Mystery Photo	10
News From The Neighbours	19

CONTACTS	等。15. 15. 15. 15. 15. 15. 15. 15. 15. 15.		
Parish Council Chairman	David Nott Tel: 21567 Email: davidowennott@gmail.com		
Parish Clerk	<b>Gill Mason</b> Tel: 07882 949110		
Parish Council Website	Anthea Carter Tel: 21674 Email: mellingwithwraytonwebsite@gmail.com		
Melling Village Hall	Margaret Toase Tel: 21002		
Thursday Group	Sheila Griffiths Tel: 21904 Margaret Marsh Tel: 22106		
Melling St Wilfrid's School	Tel: 21538		
Church Warden	JAC Beeson Tel: 21638		
Melling Chronicle Editor	Anthea Carter Tel: 21674 Email: mellingchronicle@yahoo.co.uk		

### **EDITORIAL TEAM**

Contacto

Editor: Anthea Carter, assisted by Ben Carter and Sandra Towers

Delivery Team: Lester Griffiths, Judith Jones, Mike Murray, Robbie Murray, Sarah Ryecroft

(Wennington), Eleanor Procter, Sheila Mitchell

Advertising and Invoices: Gill Mason (Parish Clerk)

As The Chronicle went to press, there were no updates on some of these events, most have probably been cancelled, please check with the organisers.

4th	Hornby Pensioners' Association - Games Evening	7.00 pm		
4th	Hornby Ramblers - Bentham Area, 5 miles			
5th	Palm Sunday, Morning Service - St Wilfrid's Church			
7th	Hornby Pensioners' Association			
12th	Easter Day, Holy	11.00 am		
6th				
	ames the Less Church, Tatham	10.00 am		
	rensioners' Association - Games Evening	7.00 pm		
18th	Hornby Ramblers - Crummack Dale, 7/9 miles	9.30 am		
22-24th	Hornby Occasionals - Princess Ida	7.30 pm		
25th	Hornby Occasionals - Princess Ida	2.30 pm		

#### MELLING CHRONICLE

The Chronicle is available in PDF format at www.mellingwithwrayton.net

Please send items for the Melling Chronicle to the editor: mellingchronicle@yahoo.co.uk

Please supply text as a Word document or by email. Photographs are always welcome at a high resolution. If you have an interesting, relevant, high resolution image for the front or back cover, please send it in for consideration.

The Melling Chronicle is a forum open to everyone in the village. All news and views are welcome, but the Editor reserves the right to edit text if necessary.

Deadline for any contribution is the 20th of the preceeding month.

The Melling Chronicle is published monthly except for January and August.

#### **ADVERTISING**

Please contact: The Parish Clerk mellingwithwraytonpc@gmail.com

Charges for 10 editions/Full Page £70.00/Half page £40.00/Quarter page £25.00

Single entry: By negotiation

Please note that anyone submitting an article, notice, letter or advertisement for inclusion in the Melling Chronicle is responsible for the content (including factual accuracy) this rests solely with the originating individual or organisation.

### **COVID-19 - CORONAVIRUS**

### INFORMATION FOR MELLING-WITH-WRAYTON

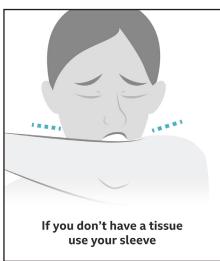








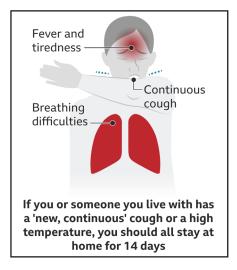












Any updates can be found at www.mellingwithwrayton.net

### **VOLUNTEERS**

A few people have been in contact offering help to anyone who is selfisolating.

Sandra Towers has very kindly offered to be a central contact for anyone offering help or needing it. She will then co-ordinate proceedings.

You can contact Sandra on....

Tel: 015242 21399

### Email:

sandramtowers@yahoo.co.uk

### WAYNE BOOTH (07846 944165)

Milkman delivering potatoes, orange juice, eggs. Oh and milk!

BOOTHS are inviting elderly and at risk customers only between 9:30am - 11:00am



### CORONAVIRUS HELP CARD

Here is a little card that has been circulating on social media. If you would like to print one off and put through your neighbours door, go to: www.mellingwithwrayton.net

where you can download a pdf to print off at home.

### LOCAL BUSINESSES RESPOND TO CRISIS

**HORNBY BUTCHERS (015242 21248)** 

They can deliver in Melling and Wrayton - just give them a ring and have a credit card ready. (PS - they have a great selection of pies and quiches!)

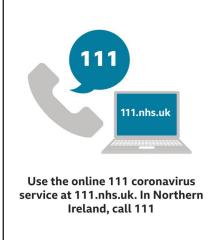
### VILLAGE STORE (015242 22111)

They can deliver in Melling and Wrayton depending on stock - they may be busy with Hornby residents, so delivery may not be immediate.

### CORNVALE (Melling)

Are delivering, see back page for details.







### **News From Melling And Wrayton**

### LUNE VIEW GARAGE

30 years ago on 26th
February 1990 Lune
View Garage was
destroyed by a storm
at five o'clock that
morning but fortunately
Lune View House
behind was undamaged.
Thankfully the garage
was unoccupied, a couple
of hours later we'd have
been working in there.



My grandparents, Frank and Anne moved to the garage in April 1960 with their two children (my father Raymond and my Auntie Shiela).

The photos of the garage as a pre-fabricated building painted white are as the building remained until 1964.

You can perhaps see that the original building was very much at the roadside with barely any forecourt area.

The new building, built in 1964, was set back much further from the road, allowing a greater forecourt area.

The bottom photo was taken just after the garage re-opened after the rebuilding work was completed following the storm damage of February 1990.

Carl Mountain

To view more photos go to: www.mellingwithwrayton.net/history



THEFT







### PARISH COUNCIL NEWS

#### **MELLING GREEN**

A sturdy bench with back and arm rests will be purchased and

installed at the top left-hand corner of Melling Green.

### GRASS BANK ALONGSIDE THE A683 OPPOSITE TOWN END

The village lengthsman has begun work on this small area:

- Checking for field drains which may have been broken or blocked
- Levelling a strip alongside the footway and laying a porous surface
- Reseeding the sloping area as a wildflower patch

### **GRASS CUTTING**

The parish council has agreed to renew the contract with the City Council for grass cutting on Melling Green and at Melling Moorside for 2020/21.

### TREE PROTECTION OFFICER

Sam Lumb, the City Council's Tree Protection Officer, has agreed to meet councillors Howson and Nott to visit various sites in the village conservation area. Date to be confirmed.

#### **CULVERTS**

The parish clerk has contacted Lancashire Highways to request new grating and housing/gating elements on three culverts/drains in the village.

#### **FOOTPATHS**

The parish council has received 4 new finger posts which are being put up to replace damaged or missing posts. If you know of any footpath where a finger post would be helpful, please contact the parish clerk or any councillor.

#### DRAINS IN WRAYTON

The parish clerk has again contacted Lancashire Highways regarding the repair and maintenance of the drains, and seeking inclusion of this work in the budget for 2020-21.

#### **NEWSPAPER BOX IN WRAYTON**

A new newspaper box will be purchased and installed in Wrayton, to replace the old one which was no longer fit for purpose.

### DATE OF NEXT PARISH COUNCIL MEETING

All parish council meetings are held in the Village Hall, and begin at 6.30pm with an Open Forum, at which residents are invited to raise matters of current concern.

**Thursday 7 May 2020** at 6.00pm (Annual Parish Meeting and Annual Parish Council meeting) *Note: Earlier start* 

NOTE: Any changes to these arrangements as a result of the coronavirus outbreak will be announced in the May 2020 issue of the Melling Chronicle - another reason to read your copy of the MC!

David Nott - Parish Council Chairman

### **News From Melling And Wrayton**

### ST WILFRID'S CHURCH FUNDRAISING

#### **CAN YOU HELP?**

At a recent Church meeting, it was thought that people in the village and locality may be interested to know how much it costs each week, just to keep St. Wilfrid's open. These are the basic running costs, without any repairs or unforeseen expenses.

Insurance	£52.00	
Utilities (gas, electricity, water)	£25.00	
Benefice costs	£28.00	
Parish Share to Diocese	£131.00	(Clergy)
Churchyard upkeep	£4.00	(Petrol & maintenance, volunteers do the work!)
Other (organ, organist, fire equipment, etc)	£11.00	
Copies of The Bell magazine	£6.00	
TOTAL WEEKLY BASIC COSTS	£257.00	

In addition to the regular congregation, a number of people in the area already make regular donations. We are very grateful for these, without which our church would not be able to function.

With increasing costs, however, we urgently need more money just to cover running costs. Can you help?

If you can, there are a number of ways to do so. We will be holding a **Coffee Morning** on Saturday 16th May and invite everyone to come along, to view the church, talk to members of the congregation and meet each other. This occasion will also be a Gift Day, in which individual donations may be made. These can be made anonymously and the church, as a registered charity, can claim 25% Gift Aid on any single donation of up to £30. There will also be envelopes available for sums above this amount, on which you can provide details, if you are a UK tax payer, and wish us to claim Gift Aid.

If you do not already do so and wish to give more regularly, on a monthly basis, you can set up a Standing Order with your bank. The church's account for general running costs is held at Nat West Kirkby Lonsdale, sort code 01-04-81. The account name is St Wilfrid's Church Melling, account number 10017518. We also have a Building Trust account, to deal with building repairs or improvements. This account is held at HSBC Lancaster, sort code 40-27-02 and is St Wilfrid's Church Building Trust, account number 21808745. We know that there are so many deserving causes to donate to but if you value our ancient church, we would greatly appreciate your support.

Thanks JAC



### **News From Melling And Wrayton**

### ANOTHER MYSTERY PHOTO WHAT, WHERE AND WHO?

The where is easy, it is Swallow and Swift Cottages in Melling.

The date appears to be about 1900, judging by the clothes of the people. I found the original of this in an antique shop in Kendal many years ago.

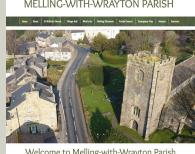
The question is who are these people. (You wouldn't dare put two young children on the wall now!).

I once looked at the Census for 1911, but the cottages didn't appear. They must have been called something else then!

Ged

### **DID YOU KNOW?**

If you view the Melling Chronicle on the web site and download the PDF, you can click on any of the Web



Welcome to Melling-with-Wrayton Parish in the heart of the Lune Valley

Addresses within the editorial and it will take you directly to the relevant page ... they are all 'hyperlinked'?

The **Email Addresses** are similarly hyperlinked, but this may depend on what software you view your emails in!

www.mellingwithwrayton.net





### At Melling Village Hall

Monday 10 -11am Wake-up-Workout! 6 - 7pm Improvers-Intermediates

Classes also at Wray, Caton and Bentham

Call Anne: 22425 or 07935803370 E-mail: anne.pilates@yahoo.co.uk

Get fit · · · Stay fit · · · Love life

### **Irene Taylor Hearing Centres**

Specialists in Hearing Aids and Hearing Protection

Ear wax removal via micro-suction

Salt Pie Lane, Kirkby Lonsdale LA6 2BH

015242 73589

www.prestonhearingcentre.co.uk

Est. 1980



# **PAUL BRYNE**Plumbing & Heating

All aspects of plumbing and heating undertaken

**Boiler installations** 

Full bathroom installations. No job too small.

For a free no-obligation quote call Paul on

07748 985 478 or (015242) 41416

### **Lowfold Landscapes**

Garden Maintenance & Design
Planting Schemes, Turfing
Decking, Paving, Patios
Topsoil & Stone
Grass Cutting
Tree Surgery

**Call Philip Howson** 

07816 813 848

### **Lune View Garage Ltd.**



Vehicle Servicing,
Diagnostics,
MOT Testing
Exhausts, Clutches,
Timing Belts, Welding
Tyres,
Wheel Balancing &
Tracking
Air Conditioning Servicing
and Re-Charge
Full Valeting Service Available

Melling, Carnforth, LA6 2RB Tel. 015242 21457 email: dsglover89@btconnect.com

### ST MARY'S PARISH, HORNBY, with OUR LADY'S CATON and ST JOSEPH'S, KIRKBY LONSDALE

Parish Priest: Canon Luiz Ruscillo Tel: 01524 21246

### **Weekend Mass Times**

Saturday Vigil Mass at 6.00pm - Our Lady's, Caton

Sunday Morning Mass at 9.00am - St Joseph's Kirkby Lonsdale

Sunday Morning Mass at 11.00 a.m. St Mary's Hornby

Adoration of the Blessed Sacrament - Fridays from 5-6pm - St Mary's -a hymn, a short reading and a peaceful silence in the presence of God.

Details of weekday Mass times, and other services and parish news can be found in the weekly Parish Newsletter displayed in St Mary's porch.

Visitors to St Mary's are always welcome.



For Professional, Effective, Chartered Physiotherapy, including sports injuries, backs, necks and acupuncture.

AXA, AVIVA, BUPA authorised clinic.

Phone 015242 62216

www.benthamphysio.co.uk

### ADVERTISING IN THE CHRONICLE

The Chronicle is distributed round Melling, Wrayton and Wennington, therefore an advert placed will reach a lot of local people who are looking to support local businesses.

If you would like to advertise here please contact: The Parish Clerk mellingwithwraytonpc@gmail.com



#### Winners for March are:

E. Proctor £30.30
S. Baker £10.10
P. Morgan-Capner £10.10

### **Lune Valley Physiotherapy**

Grad Dip Phys MCSP HCPC

Wanting to regain ability after illness or surgery?

Stiff and sore after an accident, broken bone or new joint?

Have tightness after surgery, accidents or radiotherapy?

Diagnosed with a life limiting or degenerative condition?

07934 785 797 leahthephysio@gmail.com www.leahthephysio.co.uk

Specialist experience with scarring after surgery, accidents and radiotherapy.

Hunter Muskett Live at Melling Village



E10

er

M folk In the light of recent advice from the Government the Hunter Muskett gig due to take place on Thursday 16th April has been postponed until later in the year. We are sorry to disappoint all of you were looking forward to seeing this great band at Melling Village Hall and all the tickets sold will be refunded. A new date will be announced as soon as things return to normal.

Limited seats so book now!

Tickets available online at www.ticketsource.co.uk
Or from Mick Brookes, Adrian Francis, Mary Jackson, John Lowery, Adrian North,
Margaret Toase and Sandra Towers.

Thursday 16th April 7:30pm to 11:00pm (Doors Open at 6:45pm)

If you don't know the band check them out at: www.huntermuskett.com

### NEWS FROM BENTHAM MEDICAL PRACTICE

### 19TH FEBRUARY 2020 MINUTES

The Patient Representative Group for Bentham Medical Practice meets every few months. It's our chance to have a say about what is happening in our local Medical Practice and if you are interested in joining the group then please contact me for further details. Lorraine Crossley-Close, Danny Conroy, Jill Noble, Liz Ryan and Judith Nicol were present at the February meeting.

Lorraine has now become the chair of Quality and Patient Experience Group which will hopefully give us further insight into our local medical facilities.

We had some recent feedback from a patient who stayed at the newly renovated Castleberg Hospital in Settle and they were very impressed with the facilities and the accommodation.

In our practice Hannah Beard (Chiropractor) is extending her hours on a Monday to accommodate more clients. Andrea and Sue have retired and there has been a good response to the advert. Carol (Phlebotomist) will be leaving us at the end of March. Dr Charlotte Choo Fon is here until end of March to be replaced by the next FY2 (Foundation doctor year 2) trainee Dr Natalie Kyrtata. Nurse Beth is training in contraception which will help Nurse Meg who has been the only nurse able to prescribe - of course GPs can. PLT (Protected Learning Times) Dates confirmed for next year until March 2021.

The BBC was filming last year for a possible TV Series about a rural medical practice but sadly this will not be taken up by the BBC, however, C4 may take over the project????

The naming ceremony for Bowland View was cancelled due to the weather conditions but will hopefully be on 25th March. Sadly Airedale have now stated that they will not be sponsoring any beds for step up step down care which was very disappointing - they will be reviewing the situation.

Dianne has been invited to the AGM on 21st May. Dianne is Matron for Dementia at UHMBT. Bentham Dementia Friendly Group has also been invited to the AGM.

Danny Conroy (dsconroy44@gmail.com)

### Sarah Rycroft Massage & Reflexology

### Including:

Hot & Cold Stone Massage, Indian Head Massage, Myofascial Release (MFR), Reflexology, Neal's Yard Organic Holistic Facials, Pamper Parties

### Aches? Pains? Stressed? Or Prefer to be Pampered?

Wennington, Kirkby Lonsdale or Home Visits

Tel: 07736 807157 or (015242) 21166

Email: sarah.rycroft@yahoo.co.uk



### 1 Station Road HORNBY

T: 015242 22288

Care & Commitment for your Peace of Mind E: info@l

E: info@hornbydaynursery.co.uk

### Ofsted rated us Outstanding in all areas

- Qualified staff who positively enjoy working with children
- Flexible opening hours to cater for most needs
- 30 hours free childcare for Pre-School children
- Dedicated Baby & Toddler facilities
- Home cooked meals with special diets catered for
- Secure outdoor play areas in rural environment
- Safe off street parking
- Holiday club available during all school holidays
- Childcare vouchers accepted

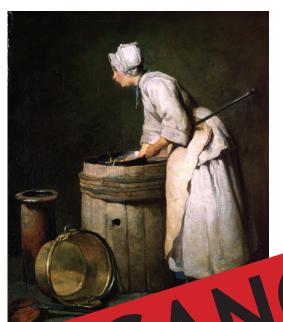
Looking for childcare? Call Danielle Brown to discuss your individual requirements or to arrange a visit.





### HORNBY PENSIONERS' ASSOCIATION

MARCH MEETING: A big "Thank You" to Sue Seddon, who regaled us with Tales of Morecambe Bay, womanfully overcoming the power cut difficulties. Her vivid descriptions & amusing anecdotes reminded us how lucky we are to live within easy reach of that wonderful area.



APRIL MEETING: Tuesday 7th April will see the much anticipated return of the oft-promoted Scullery Maid. Who knows what heights she will have reached by now? Come along to Hornby Institute for 7pm on the 7th to find out. Everybody very welcome, and admission to all of our evening meetings is now free.

And a message from who didn't



esday July 14th: Askham Gardens near Penrith

11. Carlisle

- Tuesday August 11th: Skipton & Boundary Mill Fish & Chips at Banny's
- Tuesday September 8th: Leighton Hall for House Tour and Tea & Scones
- Tuesday October 13th: Autumn Tints in the Yorkshire Dales

Look out for further details and booking arrangements in future copies of this magazine. Regards to all, Kath.



**GAMES EVENINGS:** This month our Whist & Dominoes evenings will be on Saturdays **4th & 18th April**. Play starts at 7pm prompt, upstairs in Hornby Institute.

Admission including light refreshments & 2 free raffle tickets costs £2, and EVERYBODY IS VERY WELCOME TO COME ALONG.



### **Busy Bodies Pre-School**

c/o Melling St Wilfrid Church of England Primary School, Lodge Lane, Melling, LA6 2RE 015242 21538 Ext 2

All 3 to 4 year olds can access
15 hours per week of free early
years entitlement.
Some 2 year olds are also
eligible if criteria met.

**Session Times - Monday, Tuesday and Thursday** 

• Morning session: 9am - 12.30pm, £14 (includes lunch period)

• Afternoon session: 12.30pm - 3pm, £10

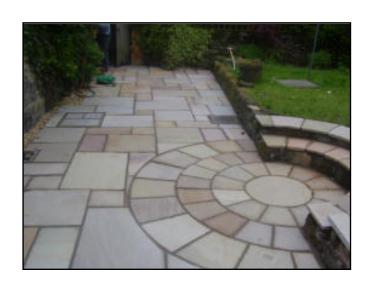
• Full day: £24

(A school lunch can be provided upon request for £1.10)

### C & L PAVING

Indoor Paving
Outdoor Paving
Fencing & Walling
Groundworks
Hard Landscaping
Powerwashing
Re-sanding
Picking & Pointing

Free no-obligation quotations



(015242) 22012 07896 754833 info@candlpaving.co.uk

### JAZZ IN HORNBY



The **Tenement Jaz** and from Edinburgh will be with us on the **26th**. They are a quintet of the ly) youthful

musicians who tear into the traditional repertoire of New ithout a backwards glance; the result is very exciting.

Usual venue: **The Village Institute**, Main Street, (A683) R. Doors and bar open at 7.30pm music from 8pm, Tickets £15, on the 3242 22227. Sam

### **WENNING VOICES**

Please note this is subject

Meet every Thursday 7.30pm - 9.30pr the Less Church, Tatham.



Whether you're a nightijust come along when

There's room in the nest for all.

£2 per week included biscuits and a chat.

with Government advice on the Corona virus.

rake,

### 'STITCH A

Why not call the April 10.00 - 12.00 and see what's going on at our stitch are the Less Church, Tatham. You may want to learn not see your existing skills.

If you gething for you, we ask members to make a one off £5 contribution towards. There will then be a charge of £2 per week, £1 for tea, coffee and be a and £1 to the church towards the heating and lighting.

If you have any queries please contact Mel on 015242 21277 or melandmike73@gmail.com

Please note this is subject to change in line with Government advice on the Corona virus.

### **News From The Neighbours**

### **TUNSTALL WI MARCH 2020 REPORT**

On Wednesday 11th March the members of Tunstall WI were joined by their friends from Wennington and District WI for their annual joint meeting. The speaker was John Dawson, accompanied by his son William, from Bleak Bank Farm. John is possibly better known from his TV appearance on "The Yorkshire Dales and Lakes". John entertained his audience with stories of 5 generations of Dawsons at Bleak Bank Farm. His talk, accompanied by slides, ranged from the sad to the hilarious and was enjoyed by all. The fascinating talk was followed by a buffet supper.

IN VIEW OF THE CURRENT SITUATION REGARDING CORONAVIRUS THE MEETING SCHEDULED FOR APRIL HAS BEEN CANCELLED. THE SITUATION REGARDING FUTURE MEETINGS IS NOT KNOW AT THIS POINT.

Tunstall WI normally meets at 7.30 on the 2nd Wednesday of the month at Tunstall village hall.

New members are welcome.



### **ANDREW WHITAKER**

Gardener
Painter/Decorator

Tel. (01524) 69806 Mob. 07900 905 026

awhitaker112@googlemail.com

# WILL HAMBLING BURTON IN LONSDALE

PAINTING & DECORATING
INTERIOR & EXTERIOR

WILL.HAMBLING@SKY.COM

07858 572 336 015242 80112





Mark Jonathan White BMSc (hons), BDS (hons)

A warm welcome awaits you.

Call in and ask us for more information about:
Family dentistry, Orthodontics, Replacement of missing teeth,
Dental Implants, Cosmetic Dentistry, Tooth whitening,
Orthopaedic jaw and bite problems.

### **Opening Hours:**

Monday, Tuesday & Wednesday 9am to 5pm Thursday (late night opening): 1pm to 9pm

66 Main Street, High Bentham Tel: 015242 64813

### **ROTARY CLUB OF LUNESDALE**

What a difficult and unpredictable time we are all now facing more so because this is a new virus with little known about it. It was hoped that **The Defenders** concert would be a really enjoyable evening with a complete sell out. When the decision was made to postpone The Defenders concert it was not an easy one to make because at that time nobody could foresee the seriousness of the Coronavirus threat. However it proved to be a wise decision. It is planned and hoped that when things are back to normal the concert will be rescheduled.

As with all other clubs, organisations etc Rotary meetings are no longer taking place and will only be resumed when it is deemed safe to do so. At the time of writing uncertainty is rife and we all have to take heed of the advice being given to us by the government and the medical experts.

We look forward to life getting back to normal meantime we will give a helping hand where we can until that time arrives.

With best wishes to you all from President Dave and the members of the Rotary Club at this seriously difficult time. Keep safe.

Lilian

### THE LANCASTER SINGERS — Saturday May 9th 7pm

The Trustees of The Friends of St James the Less feel that it would prudent to POSTPONE THIS EVENT UNTIL A MORE PROPITIOUS DATE CAN BE AGREED.





### LUNE VALLEY SWIMMING POOL

A BIGGER SPLASH!..

**WEEKEND SWIMMING:** The revised Saturday Morning swimming sessions have been generally well received and more afternoon private parties are being booked.

**SUNDAY MORNING:** 'Fun-day' continues to attract more families. Of course its early days and we are

constantly monitoring and tweaking to suit demand.

### **KEEP SPREADING THE WORD!**

With more public swimmers taking full advantage of the range of activities we have recently issued a revised timetable. Just take a look schedule, it's available on Facebook or at the pool dedicated promotional brochure for general

Away from the water or successful Familian and success

donated prizes, supported, attended or helped mendly night. A great night and a superb result which raised for pool funds.

Obviously like every other organisation in the country we are monitoring the Corona Virus threat but all things being equal the management team is confident that we can enjoy improving viability and ensure a bright future for this lovely community pool.

If we are missing opportunities please let us know. It's your pool, tell us what you want.

As we go to press the Lune Valley swimming pool is operating as normal but as government advice changes and demand falls we may well have to close. Please check our Facebook and web pages for updates.

Please call in anytime or check our colourful website and Facebook as follows.

Website: www.lunevalleypool.com
Facebook: lune valley swimming pool
Email: poolmanager@lunevalleypool.com
Direct line pool telephone: (01524) 805666



# **HOME DELIVERY**& COLLECTION

We are delighted to offer a home delivery & food collection service to people in and around Kirkby Lonsdale, Ingleton, Bentham, Melling and the Lune Valley and further afield to Kendal and Lancaster Monday to Saturday.

### **FRUIT BOX**

### **VEG BOX**

### **SALAD BOX**







1KG CARROTS

½KG PARSNIPS

1 X CAULIFLOWER

½KG BROCCOLI

½KG MUSHROOMS

2.5KG POTATOES

½KG COURGETTES

½KG LEEKS



2 X LITTLE GEM LETTUCE

1/2KG TOMATOES

1 X CUCUMBER

3 X ASSORTED PEPPERS

1 X BAG OF ROCKET

1/2KG RED ONION

1 X BUNCH SPRING ONION

1 X AVOCADO

1 X PACK COOKED BEETROOT





£9

### TO ORDER:

 Place an order by phone 015242 22420 (8am-4pm) or leave an answer machine outside these hours. Or order by email sales@cornvalefoods.co.uk

2. Make sure you include your NAME and ADDRESS including POSTCODE and your PHONE NUMBER.

3. We will then call you to arrange delivery date & time, and to take payment of your order.

Or if you'd prefer you can collect from us at Station Yard, Melling, Carnforth LA6 2QY

015242 22420

sales@cornvalefoods.co.uk