

CARLETON-WILLARD VILLAGE

4,000 meals cooked in the kitchen, delivered to doorsteps

"Like eating out at a nice restaurant every night." "Great!" "Awesome service!" "Whatever you do, don't take the rack of lamb off the menu."

These are some of the comments from Carleton-Willard At Home members about the meal delivery service, Gourmet-To-Go. Since the food program was added 18 months ago, At Home members have ordered 4,000 delicious meals, each one flash frozen in the kitchen of Carleton-Willard Village and delivered to the member's doorstep.

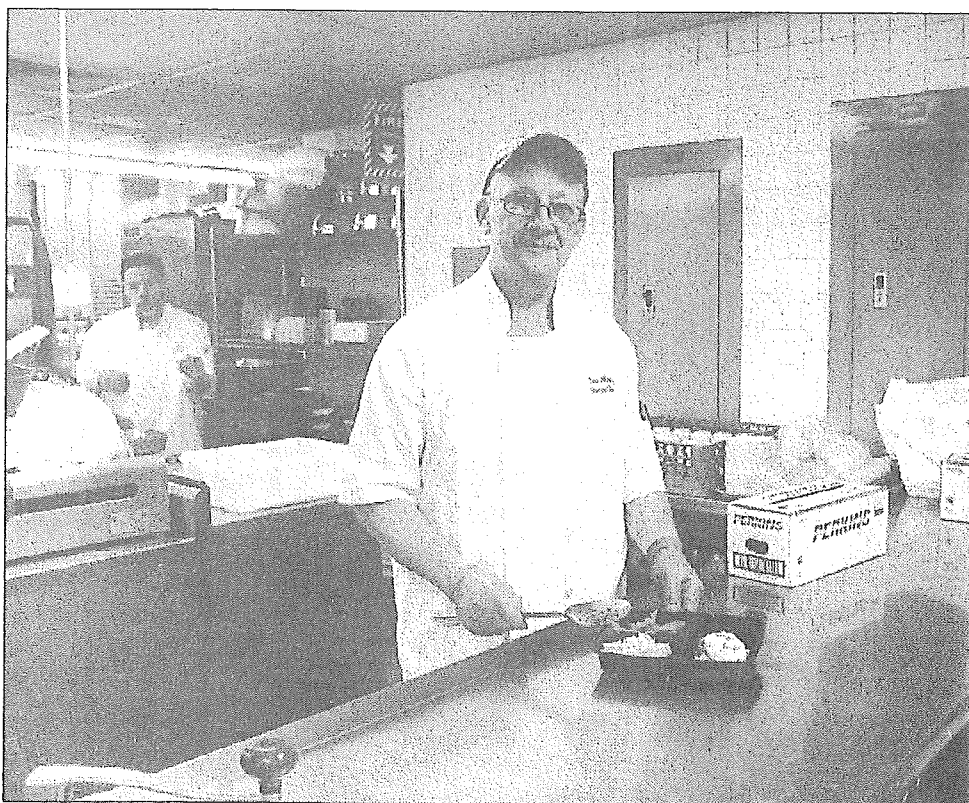
People have become steady customers of

Gourmet-To-Go for different reasons. Some were grateful the service was available as they were recovering from a stay in the hospital, and maybe a spouse was less than handy around the kitchen. And some of those members continued to order meals long after recovery because they appreciated the convenience. Others have gotten tired of cooking after so many years, or maybe it just seems too much work to cook for one person.

Whatever the reason, they all appreciate the wide range of choices, from Salisbury Steak to grilled Ahi

Tuna to that very popular rack of lamb. The menus rotate with the seasons. Entrees, side dishes, and now soups – a very popular addition – can be selected at leisure. And everything is delivered weekly.

Carleton-Willard At Home provides information, transportation, services and support to residents over the age of 65 who want to stay in their own homes as they grow older. For more information about becoming a member of At Home, call Paula von Kleydorff at 781-276-1910 or send an e-mail to membership@cwathome.org.



Carleton-Willard Village chef Don Murphy puts the final touches on a Gourmet-To-Go meal. COURTESY PHOTO / CARLETON-WILLARD VILLAGE