

There are many places serving food in Barking and Dagenham that offer discounts to older residents. Some discounts apply all the time and other offers are available during certain days of the week or times. Below is a list of over 28 venues; information includes the venue name, the offer and contact information.

	Venue	Description	Address	Telephone
1	Big Moe's Diner	Older people offer 10% off all order. Provides Hot breakfast serving from 8 am till 11:30 am. Lunch times serving from 12:00pm until 10:30am. Delivery available minimum order	Unit 3 Newham leisure park jerkins lane, Essex Barking 1G11 0AD	020 3026 0016
2	McDowell's Heath Pie Shop	£20.00 amount £20.00 Older people special on Wednesday: pie, mash and a drink for £3.20. Room for up to 30 people to eat in. <u>Home delivery</u>	696 Becontree Avenue, RM8 3HD	020 8592 1091
3	Royal Dolphin Fish Bar	a Older p ^{available} eople 's offer: cod and chips £3.50. Eat in and take away. Closed	295 Wood Lane, RM8 3NH	020 8595 6670
4	Roy's Pie & Mash	Sunda Older p ^y e' ople's offer on Wednesday: pie, mash and a drink for £3.	3 Heathway, Dagenham, RM9 5AW	020 8593 6322

5	China House	Offers older people 10% discount for <u>takeaway only</u> .	147 Broad Street, RM10 9HX	020 8592 4688
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6	Chez Sanlin Café	Offering a range of hot and cold food. Full English breakfast with free tea and coffee. Lots of room for groups. Thursday: discounted prices for older people. Offering evening meals with <u>free delivery</u> for older people in the Barking area.	515 Gale Street, RM9 4TP	020 8517 0099
7	Upney Fish Bar	'Baby Size' portion for £3.60. 10% discounts on bulk orders and for regular customers (takeaway only).	7 Edgefield Avenue, IG11 9JP	020 8507 9379
8	Brooke Pie and Mash	Older people offer on Tuesday: £2.20 for pie and mash when eating in, lots of room. Can only arrange food for pickup.	833 Dagenham Road, RM10 7UP	020 8593 5039
9	Dream Café and Restaurant	Breakfast, lunch and dinners. 10% discount for older people.	1094 High Road Chadwell Heath, RM6 4AB	020 8598 8383
10	The Brothers Fish Bar	Older people offer: chips, cod, salad, buttered roll and drink for £5.00. No delivery.	9-11 Station Road, RM6 4BE	020 8590 0118

11	Immz's Pizza and grill	Older people offer buy one pizza get a second pizza for £2.00 Delivery 45-60 minutes collection 20 minutes.	14 Porters Avenue, Dagenham, RM8 2AQ.	0208 8592 8587
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12	Deshy Grill in Barking	Offering 15% off collection orders only Range of Peri grilled chicken wraps, Biryani dishes. Collection only.	47 East Street, Barking IG11 8EJ	020 8591 1790
13	Sahadet in Essex	Offering free house dessert on order over £20.00 subject to availability set meals are excluded from this offer. Online Hungry	10 Chapel Road , Essex, Ilford IG1 2AG	020 8478 5296
14	Café Aroma	house Offering 20% discount for older people, benefits for regular customers. A lot of seating available.	Vicarage Field, Ripple Road, IG11 8DQ	020 8591 6338
15	Munchies Chicken and Pizza	Small discounts for older people, 20p off meals.	32 Ripple Road, IG11 7PG	020 8507 9694
16	The Lord Denman	Wetherspoon's offer great value food and have themed days with cut price – Tuesday is Steak Club, Thursday is Curry Club and Sunday Club offers a range of cheap roast options.	270-272 Heathway, RM10 8QS	020 8984 8590
17	The Eva Hart		1128 High Road, Chadwell Heath, RM6	020 8597 1069
18	The Barking Dog		4 ⁶¹ AH S tation Parade, IG11 8TU	020 8507 9109
19	Yaal Sri Lankan	Offering set meal discounts from £4-5.00	404 Barking Road, East ham E6 2SA	020 8471 6744
20	Barking Park Café	Will be offering discounts to older people as well as providing a hub for the local community	Longbridge Road, IG11 8TA	020 8594 3698
21	Relish	A community café serves hot and cold food at low prices. Offer tea/coffee and cake any day after 2.30pm for £1.99.	Barking Learning Centre, IG11 7NB	020 8724 5712

22	Cristina's Restaurant	Offering older locals a massive 50% off for 2-4 people when each guest orders at least a starter/main or main/dessert. Guests of older customers of any age are welcome to enjoy the discount	8-10 North Street (at the end of East Street market) Barking , IG11 8AW	020 8127 4329
23	WOK inn	Chinese and Thai offering a free bottle of drink on orders over £25.00. set meals are excluded. Free delivery on orders over £12.00.	19 Farr Avenue, Barking, IG11 0NY	020 8594 7619
24	Abbey Leisure Centre	People over 60 are able to access the boroughs leisure facilities at a reduced rate. At certain times of the week special offers and discounts are available at the leisure centre café.	Bobby Moore Way, Barking, IG11 7HW	020 8227 3338
25	Corner Café	People over 60 are able to access the boroughs leisure facilities at a reduced rate. At certain times of the week special offers and discounts are available at the leisure centre café.	Bobby Moore Way, Barking, IG11 7HW	020 8227 3338

Options to eat with others - The venues below offer meals and activities. The homes also encourage family and friends to come in and eat with their loved ones. Please get in contact with the care homes / halls if this is of interest to you.

	Venue	Description	Address	Telephone
25	Alexander Court	3 course meal from 12.30pm - 2pm for £12.00 or day care (weekdays) between 10am - 6pm including lunch/tea and participation in afternoon activities. The cost for the latter would be between £30 - 35 depending on activities chosen.	Rainham Road South, RM10 7UU	020 8709 0080
26	The Balti Cottage in Dagenham	Indian Food, 25% Discount on orders over £22.00 set meals are excluded from this offer.	18-20 Goresbrook Road, Dagenham RM9 6UR	0208 9240 3333
27	Hanbury Court	Offering lunch for £2 which includes a hot meal, dessert and tea and coffee. Events are also opened up to the community.	Dagmar Road, Dagenham Essex, RM10 8XP	020 8861 3232
28	Grilago in Barking	Offering chicken, burgers , American and kebab. 15% off all orders over £30 set meals are excluded from this offer.	130 Fanshawe Avenue, Barking 1G11	020 8507 8800
29	Pandas Kitchen in Forest Gate.	Chinese and Fish & chips. Offering free prawn crackers on orders over £15	396 Katherine Road , Forest Gate London E7 8NW	020 8552 2625

Others Options

Learn how to cook - If you are interested in learning how to cook or learning about online shopping and think a volunteer could help you, please contact Lynne Hopkins at the **Volunteer Bureau** on **020 8532 7300**.

The **Adult College** offers a number of courses to help improve your culinary skills:

- Best of British
- Feed your family for a fiver
- One pot meals for friends and family
- Healthier Food and Special Diets

Courses are around 2 – 6 weeks and places go quickly. Please call 020 82704722 for more information.

If you would like more information then please contact the venue you are interested in.