



Health & Independent
Living Support

Lunch Club Menu

April 2023 - November 2023



Delivered to
your lunch club
by our caring
team

Contact us on: 0330 2000 103

lunchclubs@hils-uk.org

www.hils-uk.org

Welcome

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lunchclubs@hils-uk.org

Thank you for choosing our Lunch Club meal service.

We are very proud of both the quality and variety of our balanced, nutritious meals, which adhere to strict national care catering guidance.

Our menu repeats every four weeks and offers a wide variety of delicious options

How to order

Step 1: Your Lunch Club members can choose between two choices of mains (meat or fish), accompanied by three side dishes; or a vegetarian option which comes as an individual meal. There are also three hot and cold dessert choices. Please note that if your Lunch Club meets less frequently, you may be able to choose an alternative meal from within the weekly options.

Step 2: Tell your Lunch Club Coordinator the number of attendees and their meal choices at least one week before the delivery date. Last minute adjustments can be made for free up to 9am on the day of delivery.

Menu Codes



Dishes that are free from gluten and suitable if you have coeliac disease or have an intolerance to gluten



Desserts that contain no more than 15g sugar per portion (made with sugar & sweetener)



Dishes suitable for people following a vegetarian diet



Mains (served with sides) that provide at least 400 calories per meal
Desserts that provide at least 250 calories per portion

Dietary needs

Contact us on: 0330 2000 103
lunchclubs@hils-uk.org

Dietary Requirements - If your client cannot find a suitable meal on the menu, or has been told to follow a special diet by a health professional, contact us to talk about what we can offer.

Diabetes - All our meals are suitable for people with diabetes. However, food choices are an important part of diabetes management. Your clients may wish to choose our desserts that contain no more than 15g of sugar per portion.

Allergies & Intolerances - Allergens are clearly marked in **bold** on the list of ingredients on our meal packaging. Call us if your clients require help choosing appropriate meals.

Poor appetite? - Any lunch club member who is underweight, experiencing a poor appetite or unintentional weight loss may wish to opt for meals and desserts marked with a 🌟 to help with weight maintenance. Call us for further information on how to support clients who may be at risk of malnutrition.

Meeting your Lunch Club's needs: whatever your club members' needs and preferences, we will do our very best to meet them. However, on rare occasions we may need to offer a substitution to your chosen items, but we will always ensure the meal is suitable.

Texture modified meals - If a health professional has advised your client to have a particular texture of food, such as pureed meals, or they would like to opt for a modified texture meal out of personal choice, please call us to speak about our full range.

Cultural and Religious requirements - We can cater for a range of diets including Halal, Kosher, and West Indian & Caribbean.



	Mains			Sides		Desserts		
Mon (1)	429		Chicken & Vegetable Casserole	Minted Boiled Potatoes, Broccoli & Sweetcorn		859		Apple Pie
	112	GF	Minced Beef Hotpot			2149	V	Raspberry Trifle*
	7410	GF V	Omelette, Chips & Beans*			6933	<15 V	Golden Syrup Sponge with custard*
Tues (2)	505		Breaded Cod	Oven Chips, Cauliflower & Mushy Peas		806	* V	Chocolate Chip Sponge
	201	GF	Sliced Gammon & Pineapple			2126	V	Strawberry Cheesecake*
	7401	* V	Macaroni Cheese, with carrots, sweetcorn & peas*			6919	GF <15 V	Stewed Apple, with custard*
Weds (3)	312	GF	Shepherds Pie	Boiled Potatoes, Mashed Root Vegetables & Cut Green Beans		823		Bakewell Tart
	505		Chicken Pasta with Tomato & Herbs			2124	<15 GF V	Chocolate Mousse*
	7436	* V	Vegetarian Sausage Casserole, with mashed potato, carrots & peas*			6934	<15 V	Lemon Sponge, with lemon sauce & custard*
Thu (4)	113		Vienna Steak In Sauce	West Country Cheddar Mash, Vegetable Medley & Green Beans		831		Apricot Crumble
	529		Fish Pie			2123	GF V	Coffee Dessert*
	7448	* V	Lentil & Vegetable Pie, with courgette, butternut squash & carrot*			6901	* <15 V	Apple Pie with custard*
Fri (5)	508		Tuna Pasta Bake	Sauté Potatoes, Cabbage & Peas		851		Pineapple Sponge
	133		Steak Pie with Flaky Pastry Top			2148	V	Strawberry Trifle*
	7446	GF V	Vegetable Hotpot, with peas*			6938	* <15 V	Rhubarb Crumble with custard*
Sat (6)	411	GF	Chicken Chasseur	White Rice, Mashed Swede & Mixed Vegetables		840		Sticky Toffee Pudding
	456		Chicken Tikka Masala			2122	V	Blackcurrant Cheesecake*
	7412	GF * V	Cheesy Vegetable Bake, with sauté potatoes, carrots, swede & peas*			6937	GF <15 V	Apple Crumble with custard*
Sun (7)	100	GF	Roast Beef in Gravy	Roast Potatoes, Brussel Sprouts & Sliced Carrots		827		Summer Fruit Crumble
	452		Chicken Pasta, with Tomato & Herbs			2125	* <15 V	Strawberry Mousse*
	7445	V	Vegetable Lasagne, with carrots & green beans*			6935	<15 V	Sultana Sponge, with custard*

Week 2 Days 8 - 14

Weeks commencing: 10th April, 8th May, 5th June, 3rd July, 31st July, 28th August, 25th September & 23rd October

Mains				Sides		Desserts		
Mon (8)	105		Chilli Con Carne	Vegetable Rice, Cauliflower & Green Beans	801		Apple Crumble	
	433		Chicken, Cheese & Bacon Bake		2127		Raspberry Dessert*	
	7407		Cauliflower & Broccoli Bake, with diced fried potatoes & carrots*		6903		Blackcurrant Pie, with custard*	
Tues (9)	217		Quiche Lorraine	Dauphinoise Potatoes, Broccoli & Sliced Carrots	800		Bread & Butter Pudding	
	429		Chicken & Vegetable Casserole		2128		Apricot & Peach Dessert*	
	7447		Vegetable Curry, with white rice*		6933		Golden Syrup Sponge & Custard*	
Weds (10)	528		Fish Goujons	Baked Potato Wedges, Baked Beans & Sliced Carrots	816		Spotted Dick	
	115		Beef Bolognese with Pasta		2149		Raspberry Trifle*	
	7449		Chickpea Katsu Curry, with white rice*		6939		Apple & Blackberry Crumble & Custard*	
Thu (11)	101		Beef Lasagne	Croquette Potatoes, Mashed Root Vegetables & Peas	808		Mixed Fruit Pie	
	410		Sweet & Sour Chicken		2126		Strawberry Cheesecake*	
	7437		Mushroom, Leek & West Country Cheddary Bake, with red cabbage & green beans*		6927		Jam Roly Poly with custard*	
Fri (12)	506		Fishcakes	Croquette Potatoes, Vegetable Medley & Cut Green Beans	813		Rhubarb Crumble	
	411		Chicken Chasseur		2124		Chocolate Mousse*	
	7428		Vegetarian Cottage Pie, with Quorn mince, mashed potato carrots, swede & peas*		6935		Sultana Sponge with custard*	
Sat (13)	138		Savoury Minced Beef	Minted Boiled Potatoes, Vegetable Medley & Sliced Carrots	859		Apple Pie	
	445		Sliced Roast Chicken in Gravy		2123		Coffee Dessert*	
	7442		Cheese & Onion Pie, with sweet potato, potato & carrot mash & green beans*		6934		Lemon Sponge, with lemon sauce & custard*	
Sun (14)	200		Roast Pork in Gravy	Roast Potatoes, Mashed Swede & Broccoli	818		Jam Sponge	
	453		Chicken & Sweetcorn Bake		2148		Strawberry Trifle*	
	7432		Vegetarian Sausage & Mash, with carrots, swede & onion gravy*		6937		Apple Crumble with custard*	

*Individually packaged portions

Week 3 Days 15 - 21

Weeks commencing: 17th April, 15th May, 12th June, 10th July, 7th August, 4th September,
2nd October & 30th October



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	Mains			Sides		Desserts		
Mon (15)	508		Tuna Pasta Bake	Croquette Potatoes, Brussel Sprouts & Sweetcorn		805		Apple Sponge
	114	GF	Cottage Pie			2122	V	Blackcurrant Cheesecake*
	7448	* V	Lentil & Vegetable pie, with courgette, butternut squash & carrot*			6927	<15 V	Jam Roly Poly, with custard*
Tues (16)	303	GF	Lancashire Hotpot	Boiled Potatoes, Mixed Vegetables & Cut Green Beans		827		Summer Fruit Crumble
	312	GF	Shepherds Pie			2125	GF <15 V	Strawberry Mousse*
	7445	V	Vegetable Lasagne, with carrots & green beans*			6901	* <15 V	Apple Pie, with custard*
Weds (17)	136		Cumberland Pie	Sauté Potatoes, Vegetable Medley & Cabbage		840		Sticky Toffee Pudding
	410	GF	Sweet & Sour Chicken			2127	GF V	Raspberry Dessert*
	7401	* V	Macaroni Cheese, with carrots, sweetcorn & peas*			6935	<15 V	Sultana Sponge, with custard*
Thu (18)	434	GF	Potato Topped Chicken Pie	Baby Potatoes, Sliced Carrots & Broccoli		811	* V	Syrup Sponge with custard
	112	GF	Minced Beef Hotpot			2128	GF <15 V	Apricot & Peach Dessert*
	7436	* V	Vegetarian Sausage Casserole, with mashed potato, carrots & peas*			6903	* <15 V	Blackcurrant Pie with custard*
Fri (19)	529		Fish Pie	Mashed Potato, Cauliflower & Sweetcorn		806		Chocolate Chip Sponge
	440		Chicken Goujons			2149	V	Raspberry Trifle*
	7212	GF * V	Cheesey Vegetable Bake, with saute potatoes, carrots, swede & peas*			6939	* <15 V	Apple & Blackberry Crumble, with custard*
Sat (20)	600		Sausages in Onion Gravy	Colcannon Mash, Mashed Root Vegetable & Baked Beans		816		Spotted Dick
	133		Steak Pie, with flaky pastry top			2126	V	Strawberry Cheesecake*
	7410	GF V	Omelette, Chips & Beans*			6938	* <15 V	Rhubarb Crumble, with custard*
Sun (21)	402	GF	Sliced Turkey in Gravy	Roast Potatoes, Vegetable Medley & Peas		801		Apple Crumble
	114	GF	Cottage Pie			2124	<15 GF V	Chocolate Mousse*
	7446	GF V	Vegetable Hotpot, with peas*			6927	<15 V	Jam Roly Poly, with custard*

*Individually packaged portions

Week 4 Days 22 - 28

Weeks commencing: 24th April, 22nd May, 19th June, 17th July, 14th August, 11th September, 9th October & 6th November

Mains				Sides		Desserts			
Mon (22)	303		Lancashire Hotpot	Mashed Potato, Cabbage & Baked Beans	811		Syrup Sponge		
	445		Sliced Roast Chicken in Gravy		2123		Coffee Dessert*		
	7407		Cauliflower & Broccoli Bake, with diced fried potatoes & carrots*		6939		Apple & Blackberry Crumble, with custard*		
Tues (23)	625		Sausage Casserole	Baked Potato Wedges, Brussel Sprouts & Mashed Root Vegetables	851		Apricot Crumble		
	433		Chicken, Cheese & Bacon Bake		2122		Strawberry Trifle*		
	7432		Vegetarian Sausage & Mash, with carrots, swede & onion gravy*		6937		Lemon Sponge, with lemon sauce & custard*		
Weds (24)	454		Coronation Chicken	Vegetable Rice, Broccoli & Brussel Sprouts	851		Pineapple Sponge		
	528		Fish Goujons		2122		Blackcurrant Cheesecake*		
	7449		Chickpea Katsu Curry, with white rice*		6937		Apple Crumble, with custard*		
Thu (25)	114		Cottage Pie	Colcannon Mash, Cut Green Beans & Mashed Swede	823		Bakewell Tart		
	201		Sliced Gammon & Pineapple		2125		Strawberry Mousse*		
	7437		Mushroom, Leek & West Country Cheddar Bake, with red cabbage & peas*		6938		Rhubarb Crumble, with custard*		
Fri (26)	527		Cod in Parsley Sauce	West Country Cheddar Mash, Mixed Vegetables & Mushy Peas	800		Bread & Butter Pudding		
	434		Potato Topped Chicken Pie		2127		Raspberry Dessert*		
	7447		Vegetable Curry, with white rice*		6933		Golden Syrup Sponge, with custard*		
Sat (27)	506		Fish Cakes	Dauphinoise Potatoes, Peas & Sweetcorn	818		Jam Sponge		
	115		Beef Bolognaise, with pasta		2126		Apricot & Peach Dessert*		
	7442		Cheese & Onion Pie, with sweet potato, potato & carrot mash & green beans*		6901		Apple Pie & Custard*		
Sun (28)	300		Roast Lamb in Gravy	Roast Potatoes, Cauliflower & Minted Summer Vegetables	805		Apple Sponge		
	625		Sausage Casserole		2149		Raspberry Trifle*		
	7426		Vegetarian Cottage Pie, with Quorn mince, mashed potato, carrots, swede & peas*		6903		Blackcurrant Pie, with custard*		

*Individually packaged portions

The HILS Lunch Club Service

Contact us on: 0330 2000 103
lunchclubs@hils-uk.org

Who are we?

We are a not-for-profit organisation founded in 2007. We offer a variety of services to keep people happy, healthy, and independent in their homes for longer.

Why opt for our lunch club delivery service?

- We support Lunch Club Organisers by providing reliable, timely, and affordable hot meals to groups across Hertfordshire.
- Food is delivered ready to serve from multi-portion containers for groups of six or more at your club or day service. Smaller groups and/or individual customers may receive individual portions.
- We have a wide range of food options: our menus change twice a year and are designed to be balanced, whilst offering plenty of variety.
- We provide bespoke meal plans for clients with specific dietary or cultural requirements. However, it is your responsibility to alert us to your clients' allergies, intolerances or preferences.
- All our food comes from registered suppliers who comply with relevant food safety legislation. All HILS sites have the highest possible food safety rating of "5" from Environmental Health. Staff are DBS checked and trained in: Food Safety (level 2), dementia awareness, safeguarding, basic first aid.

When and where do we deliver?

We will always endeavour to deliver your meals at your preferred delivery time, however this may vary within the delivery window of 11.30am and 1.30pm. We deliver anywhere in Hertfordshire.

How much does it cost and how do I pay?

- There is a fixed price for all meals, which can be found on our website. The price of hot meals is set by Hertfordshire County Council and is reviewed each year. Whilst we always endeavour to alert clients to any changes in good time, this may be outside of our control.
- You will be billed monthly for services received in the previous month, and can pay by cheque, credit/debit card, direct debit and postal order. We cannot accept cash payment.

What if I want to change/cancel an order?

- Meal numbers can be adjusted or cancelled at any point before 9am on the day of delivery, at no charge.
- We require at least one primary contact, or Lunch Club Organiser, who is responsible for updating us regarding cancellations or amendments.
- There is no minimum term or frequency for a lunch club.



Is this right for me, and my group?

- Anyone can receive a meal, there is no age limit or financial means testing. However, the subsidised price is only available to people meeting the criteria below:
- Who have difficulty preparing meals or food shopping safely due to physical/learning disability, frailty or illness.
- Who have just come out of hospital or are recovering from illness.
- Whose regular carer is unwell, or unavailable.

It is the responsibility of the Lunch Club Organiser to make sure everybody is paying the correct price for their personal circumstances.

What about my personal information?

HILS complies with the General Data Protection Regulation (GDPR) 2016, meaning that we will only collect, store, and use your personal data to deliver our service, to protect someone's vital interests, or with your explicit consent. You can request to see the information we hold on you at anytime, and/or request for it to be deleted. We will endeavour to respond to these requests within 30 days from the date of receipt.

How can I complain about something?

As a first step we would encourage you to inform your Lunch Club Coordinator at your local HILS site team using the contact details on the last page of this menu.

**The above is not a full list of Terms and Conditions of the service. Please read the full list of Terms and Conditions of the service for further information.*

We hope you enjoy your Lunch Club Service!



Contacting us?

Our sites are open from 8am until 3.30pm, 7 days a week. You can call or email our friendly team to change or cancel your meals. Out of hours, you can also leave a message on our answering machine which is checked every morning.

www.hils-uk.org
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