



**Health & Independent
Living Support**

**Support
at Home**

Main Menu

Autumn - Winter 2023-24

**Monday 23rd
October 2023
to
Sunday 5th
May 2024**



Please complete:

Name

Address

.....

Date completed

**To get in touch with us
please call 0330 2000 103
or email: hertsmeals@hils-uk.org**

Tick here if you would like your
completed menu returned to you

Welcome

Thank you for choosing us to provide your hot lunchtime meal.

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

Our menu repeats every four weeks and a new menu is produced every six months.

Please use the 'Comments' on each page to note down any additional information you would like us to know relating to your meal choices. If you would like to change your order, you can always call our support teams who will be happy to help.

Step 1: Choose one main meal and one dessert for each day of your service for all four weeks. If you do not select a meal, you will receive our meal of the day (the first option displayed each day) or another meal that meets your dietary requirements.

Step 2: Give your completed menu to your Meals on Wheels Delivery Driver or return it by post or email.

Step 3: We can provide you with a copy of your completed menu upon request.

Menu codes

Simple menu codes to the left of all meals will help you select suitable options for your dietary needs.



Vegetarian



Gluten-Free



Main meals that contain at least 400 calories and desserts containing at least 250 calories per portion



Main meals that contain less than 16g of total fat, 5g of saturated fat and 1.5g of salt per portion



Desserts that contain less than 15g sugar per portion

Special Dietary Needs

Dietary Requirements

If you have any dietary requirements, or need support to make your menu choices, you can give us a call.

Diabetes

All of our meals are suitable for individuals with diabetes, unless you have been advised otherwise by a health professional. Please take a look at the menu codes. They will give you more information about the meals which will help you make your menu choices.

Highest Energy Meals

These meals are suitable for everyone. However, we would recommend you choose more higher energy meals , if you have a smaller appetite, or are unintentionally losing weight (e.g. you have noticed your clothes, or jewelry such as rings, are looser).

If you, or a loved one, are concerned about unintentional weight loss, please speak to your GP for support.

Alternative Menus

- Kosher
- Halal
- West Indian and Caribbean
- Allergen-free
- Texture modified:
 - Level 4 Pureed
 - Level 5 Minced & Moist
 - Level 6 Soft & Bite-sized

We can also provide bespoke menus, just give us a call to find out more.



Meeting your needs:

We will do our very best to meet your needs and preferences. On rare occasions we may need to offer a substitution to your preferred choice, but we will always ensure that the meal is suitable for you.

More than just a meal

About us

Health and Independent Living Support (HILS) is a charitable, not-for-profit, social enterprise that operates 365 days a year from multiple sites. We deliver more than 600,000 meals each year, which is equivalent to our vehicles travelling to the moon and back! Our charitable purpose is to help adults in the community to live happier and healthier lives, whilst remaining independent in their own homes. We support thousands of people every year, and we always ensure that our clients' wellbeing and safety is prioritised.



Who delivers your meals?

Meals are delivered daily between 11.30am and 2pm by our dedicated and caring Community Team Members who are trained in food safety and supporting older people. All Community Team Members are police-checked and paid the Real Living Wage.

How do we support our clients at home?

We have a 'no reply' procedure in place to ensure that if a client does not answer the door, we follow up to make sure they are safe. We also work closely with partner organisations such as Hertfordshire County Council, Age UK, and HertsHelp to ensure our clients are safe and well.

Our Community Team Members carry out wellbeing checks to ensure each client's needs are met. We remind our clients to drink plenty of fluids to stay hydrated throughout the day, and we provide extra checks in winter and during heatwaves to make sure that they are living in safe conditions.



COMMENTS:

Week 1 (Days 1-7)

FOR OFFICE USE ONLY

ID: TEMP.....

Menu inputted on SMARTT

Date

Weeks beginning: 23rd October, 20th November, 18th December,
15th January, 12th February, 11th March, and 8th April.

Note: Always contact the office (see page 12) to cancel or change your meal service pattern. Please do not use the menu to indicate a cancellation or change to a delivery.

Monday (1)

8321		SAUSAGES IN ONION GRAVY, with mashed potato & baked beans	
8320		FISHCAKES, with diced fried potatoes & peas	
8262		CHICKEN SUPREME, with fried diced potato, carrots, green beans & peas	
7437		MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans	
7432		VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy	

3119		CHOCOLATE & CHERRY BROWNIE, with vanilla sauce	
3925		LEMON SPONGE, with custard	
2124		CHOCOLATE MOUSSE	
FP		FRUIT POT	

Tuesday (2)

8260		CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans	
8316		FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans	
8224		PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas	
7447		VEGETABLE CURRY, with white rice	
7445		VEGETABLE LASAGNE, with carrots & green beans	

3825		GINGER SPONGE, with custard	
3958		APPLE CRUMBLE, with custard	
2127		RASPBERRY DESSERT	
FP		FRUIT POT	

Wednesday (3)

8209		SAVOURY MINCED BEEF, with mashed potato, carrots & swede	
8306		FISHERMAN'S PIE, with carrots & green beans	
8328		HAGGIS, with mashed potato & swede (pork)	
7410		OMELETTE, CHIPS & BEANS	
7401		MACARONI CHEESE, with carrots, sweetcorn & peas	

3142		TREACLE TART, with custard	
3928		JAM ROLY POLY, with custard	
2148		STRAWBERRY TRIFLE	
FP		FRUIT POT	

Thursday (4)

8329		SAUSAGE CASSEROLE, with mashed potato & peas	
8250		CHICKEN CHASSEUR, with diced fried potatoes, green beans & peas	
8214		BRAISED STEAK, with mashed potato & green beans	
7436		VEGETARIAN SAUSAGE CASSEROLE, with mashed potato, carrots & peas	
7407		CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots	

3134		GOLDEN SYRUP SPONGE, with syrup sauce & custard	
3926		SULTANA SPONGE, with custard	
2122		BLACKCURRANT CHEESECAKE	
FP		FRUIT POT	

Friday (5)

8317		FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans	
8232		MEATBALLS & MUSHY PEAS, with chips & onion gravy	
8354		SWEET & SOUR CHICKEN, with rice, red pepper & peas	
7446		VEGETABLE HOTPOT, with peas	
7448		LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot	

3838		BAKEWELL TART, with custard	
3959		RHUBARB CRUMBLE, with custard	
2128		APRICOT & PEACH DESSERT	
FP		FRUIT POT	

Saturday (6)

8282		CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans	
8221		BEEF HOTPOT, with carrots & green beans	
8304		BREADED FISH & CHIPS, with peas	
7442		CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans	
7449		CHICKPEA KATSU CURRY, with white rice	

3135		JAM SPONGE, with custard	
3957		APPLE & BLACKBERRY CRUMBLE, with custard	
2125		STRAWBERRY MOUSSE	
FP		FRUIT POT	

Sunday (7)

8229		BEEF WITH ROAST POTATOES, with carrots, peas, & gravy	
8245		SHEPHERDS PIE, with carrots & peas	
8256		CHICKEN IN GRAVY, with mashed potato, carrots & swede	
7428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas	
7412		CHEESY VEGETABLE BAKE, with sauté potatoes, carrots, swede & peas	

3800		APPLE PIE, with custard	
3906		BLACKCURRANT PIE, with custard	
2149		RASPBERRY TRIFLE	
FP		FRUIT POT	

COMMENTS:

Week 2 (Days 8-14)

FOR OFFICE USE ONLY

ID: TEMP.....

Menu inputted on SMART

Date

Weeks beginning: 30th October, 27th November, 25th December, 22nd January, 19th February, 18th March, and 15th April.

Note: Always contact the office (see page 12) to cancel or change your meal service pattern. Please do not use the menu to indicate a cancellation or change to a delivery.

Monday (8)

8321		SAUSAGES IN ONION GRAVY, with mashed potato & baked beans	<input type="checkbox"/>
8316		FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans	<input type="checkbox"/>
8334		HAM & LEEK CRUMBLE, with mashed potato, cauliflower & peas	<input type="checkbox"/>
7445		VEGETABLE LASAGNE, with carrots & green beans	<input type="checkbox"/>
7410		OMELETTE, CHIPS & BEANS	<input type="checkbox"/>

3119		CHOCOLATE & CHERRY BROWNIE, with vanilla sauce	<input type="checkbox"/>
3928		JAM ROLY POLY, with custard	<input type="checkbox"/>
2128		APRICOT & PEACH DESSERT	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Tuesday (9)

8260		CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans	<input type="checkbox"/>
8232		MEATBALLS & MUSHY PEAS, with chips & onion gravy	<input type="checkbox"/>
8318		ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans	<input type="checkbox"/>
7407		CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots	<input type="checkbox"/>
7442		CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans	<input type="checkbox"/>

3825		GINGER SPONGE, with custard	<input type="checkbox"/>
3959		RHUBARB CRUMBLE, with custard	<input type="checkbox"/>
2122		BLACKCURRANT CHEESECAKE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Wednesday (10)

8209		SAVOURY MINCED BEEF, with mashed potato, carrots & swede	<input type="checkbox"/>
8279		CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas	<input type="checkbox"/>
8214		BRAISED STEAK, with mashed potato & green beans	<input type="checkbox"/>
7432		VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy	<input type="checkbox"/>
7447		VEGETABLE CURRY, with white rice	<input type="checkbox"/>

3142		TREACLE TART, with custard	<input type="checkbox"/>
3925		LEMON SPONGE, with custard	<input type="checkbox"/>
2124		CHOCOLATE MOUSSE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Thursday (11)

8329		SAUSAGE CASSEROLE, with mashed potato & peas	<input type="checkbox"/>
8262		CHICKEN SUPREME, with fried diced potato, carrots, green beans & peas	<input type="checkbox"/>
8211		STEAK & KIDNEY PIE, with mashed potato, carrots & swede	<input type="checkbox"/>
7401		MACARONI CHEESE, with carrots, sweetcorn & peas	<input type="checkbox"/>
7446		VEGETABLE HOTPOT, with peas	<input type="checkbox"/>

3134		GOLDEN SYRUP SPONGE, with syrup sauce & custard	<input type="checkbox"/>
3906		BLACKCURRANT PIE, with custard	<input type="checkbox"/>
2127		RASPBERRY DESSERT	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Friday (12)

8317		FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans	<input type="checkbox"/>
8204		BEEF LASAGNE, with carrots & peas	<input type="checkbox"/>
8250		CHICKEN CHASSEUR, with diced fried potatoes, green beans & peas	<input type="checkbox"/>
7449		CHICKPEA KATSU CURRY, with white rice	<input type="checkbox"/>
7428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas	<input type="checkbox"/>

3838		BAKEWELL TART, with custard	<input type="checkbox"/>
3957		APPLE & BLACKBERRY CRUMBLE, with custard	<input type="checkbox"/>
2123		COFFEE DESSERT	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Saturday (13)

8282		CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans	<input type="checkbox"/>
8320		FISHCAKES, with diced fried potatoes & peas	<input type="checkbox"/>
8336		VIENNA STEAK, with mashed potato, sweetcorn & peas (pork)	<input type="checkbox"/>
7412		CHEESY VEGETABLE BAKE, with sauté potatoes, carrots, swede & peas	<input type="checkbox"/>
7436		VEGETARIAN SAUSAGE CASSEROLE, with mashed potato, carrots & peas	<input type="checkbox"/>

3135		JAM SPONGE, with custard	<input type="checkbox"/>
3958		APPLE CRUMBLE, with custard	<input type="checkbox"/>
2149		RASPBERRY TRIFLE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Sunday (14)

8229		BEEF WITH ROAST POTATOES, with carrots, peas, & gravy	<input type="checkbox"/>
8273		SLICED TURKEY, with roast potatoes, mashed carrot & parsnip, green beans, stuffing & gravy	<input type="checkbox"/>
8264		CHICKEN CURRY, with rice	<input type="checkbox"/>
7448		LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot	<input type="checkbox"/>
7437		MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans	<input type="checkbox"/>

3800		APPLE PIE, with custard	<input type="checkbox"/>
3926		SULTANA SPONGE, with custard	<input type="checkbox"/>
2126		STRAWBERRY CHEESECAKE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

COMMENTS:

Week 3 (Days 15-21)

FOR OFFICE USE ONLY

ID: TEMP.....

Menu inputted on SMART

Date

Weeks beginning: 6th November, 4th December, 1st January,
29th January, 26th February, 25th March, and 22nd April.

Note: Always contact the office (see page 12) to cancel or change your meal service pattern. Please do not use the menu to indicate a cancellation or change to a delivery.

Monday (15)

8321		SAUSAGES IN ONION GRAVY, with mashed potato & baked beans	<input type="checkbox"/>
8306		FISHERMAN'S PIE, with carrots & green beans	<input type="checkbox"/>
8354		SWEET & SOUR CHICKEN, with rice, red pepper & peas	<input type="checkbox"/>
7442		CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans	<input type="checkbox"/>
7407		CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots	<input type="checkbox"/>

3119		CHOCOLATE & CHERRY BROWNIE, with vanilla sauce	<input type="checkbox"/>
3957		APPLE & BLACKBERRY CRUMBLE, with custard	<input type="checkbox"/>
2123		COFFEE DESSERT	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Tuesday (16)

8260		CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans	<input type="checkbox"/>
8304		BREADED FISH & CHIPS, with peas	<input type="checkbox"/>
8208		COTTAGE PIE, with carrots, swede & green beans	<input type="checkbox"/>
7446		VEGETABLE HOTPOT, with peas	<input type="checkbox"/>
7412		CHEESY VEGETABLE BAKE, with sauté potatoes, carrots, swede & peas	<input type="checkbox"/>

3825		GINGER SPONGE, with custard	<input type="checkbox"/>
3906		BLACKCURRANT PIE, with custard	<input type="checkbox"/>
2148		STRAWBERRY TRIFLE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Wednesday (17)

8209		SAVOURY MINCED BEEF, with mashed potato, carrots & swede	<input type="checkbox"/>
8262		CHICKEN SUPREME, with fried diced potato, carrots, green beans & peas	<input type="checkbox"/>
8239		LAMB & VEGETABLE CASSEROLE, with mashed potato, mashed carrot & green beans	<input type="checkbox"/>
7437		MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans	<input type="checkbox"/>
7449		CHICKPEA KATSU CURRY, with white rice	<input type="checkbox"/>

3142		TREACLE TART, with custard	<input type="checkbox"/>
3928		JAM ROLY POLY, with custard	<input type="checkbox"/>
2128		APRICOT & PEACH DESSERT	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Thursday (18)

8329		SAUSAGE CASSEROLE, with mashed potato & peas	<input type="checkbox"/>
8328		HAGGIS, with mashed potato & swede (pork)	<input type="checkbox"/>
8255		CHICKEN BREAST, with roast potatoes, carrot, cauliflower, sprouts, peas, stuffing & gravy	<input type="checkbox"/>
7447		VEGETABLE CURRY, with white rice	<input type="checkbox"/>
7448		LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot	<input type="checkbox"/>

3134		GOLDEN SYRUP SPONGE, with syrup sauce & custard	<input type="checkbox"/>
3958		APPLE CRUMBLE, with custard	<input type="checkbox"/>
2125		STRAWBERRY MOUSSE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Friday (19)

8317		FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans	<input type="checkbox"/>
8318		ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans	<input type="checkbox"/>
8278		CHICKEN & BACON HOTPOT, with cauliflower, carrots & peas	<input type="checkbox"/>
7428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas	<input type="checkbox"/>
7436		VEGETARIAN SAUSAGE CASSEROLE, with mashed potato, carrots & peas	<input type="checkbox"/>

3838		BAKEWELL TART, with custard	<input type="checkbox"/>
3926		SULTANA SPONGE, with custard	<input type="checkbox"/>
2122		BLACKCURRANT CHEESECAKE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Saturday (20)

8282		CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans	<input type="checkbox"/>
8211		STEAK & KIDNEY PIE, with mashed potato, carrots & swede	<input type="checkbox"/>
8240		LANCASHIRE HOTPOT, with carrots & swede	<input type="checkbox"/>
7410		OMELETTE, CHIPS & BEANS	<input type="checkbox"/>
7432		VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy	<input type="checkbox"/>

3135		JAM SPONGE, with custard	<input type="checkbox"/>
3959		RHUBARB CRUMBLE, with custard	<input type="checkbox"/>
2126		STRAWBERRY CHEESECAKE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Sunday (21)

8229		BEEF WITH ROAST POTATOES, with carrots, peas, & gravy	<input type="checkbox"/>
8224		PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas	<input type="checkbox"/>
8354		SWEET & SOUR CHICKEN, with rice, red pepper & peas	<input type="checkbox"/>
7445		VEGETABLE LASAGNE, with carrots & green beans	<input type="checkbox"/>
7401		MACARONI CHEESE, with carrots, sweetcorn & peas	<input type="checkbox"/>

3800		APPLE PIE, with custard	<input type="checkbox"/>
3925		LEMON SPONGE, with custard	<input type="checkbox"/>
2124		CHOCOLATE MOUSSE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

COMMENTS:

Week 4 (Days 22-28)

FOR OFFICE USE ONLY

ID: TEMP.....

Menu inputted on SMARTT

Date

Weeks beginning: 13th November, 11th December,
8th January, 5th February, 4th March, 1st April, and 29th April.

Note: Always contact the office (see page 12) to cancel or change your meal service pattern. Please do not use the menu to indicate a cancellation or change to a delivery.

Monday (22)

8321		SAUSAGES IN ONION GRAVY, with mashed potato & baked beans	<input type="checkbox"/>
8250		CHICKEN CHASSEUR, with diced fried potatoes, green beans & peas	<input type="checkbox"/>
8239		LAMB & VEGETABLE CASSEROLE, with mashed potato, mashed carrot & green beans	<input type="checkbox"/>
7436		VEGETARIAN SAUSAGE CASSEROLE, with mashed potato, carrots & peas	<input type="checkbox"/>
7437		MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans	<input type="checkbox"/>

3119		CHOCOLATE & CHERRY BROWNIE, with vanilla sauce	<input type="checkbox"/>
3926		SULTANA SPONGE, with custard	<input type="checkbox"/>
2127		RASPBERRY DESSERT	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Tuesday (23)

8260		CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans	<input type="checkbox"/>
8204		BEEF LASAGNE, with carrots & peas	<input type="checkbox"/>
8264		CHICKEN CURRY, with rice	<input type="checkbox"/>
7401		MACARONI CHEESE, with carrots, sweetcorn & peas	<input type="checkbox"/>
7428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas	<input type="checkbox"/>

3825		GINGER SPONGE, with custard	<input type="checkbox"/>
3957		APPLE & BLACKBERRY CRUMBLE, with custard	<input type="checkbox"/>
2124		CHOCOLATE MOUSSE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Wednesday (24)

8209		SAVOURY MINCED BEEF, with mashed potato, carrots & swede	<input type="checkbox"/>
8336		VIENNA STEAK, with mashed potato, sweetcorn & peas (pork)	<input type="checkbox"/>
8354		SWEET & SOUR CHICKEN, with rice, red pepper & peas	<input type="checkbox"/>
7449		CHICKPEA KATSU CURRY, with white rice	<input type="checkbox"/>
7442		CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans	<input type="checkbox"/>

3142		TREACLE TART, with custard	<input type="checkbox"/>
3906		BLACKCURRANT PIE, with custard	<input type="checkbox"/>
2123		COFFEE DESSERT	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Thursday (25)

8329		SAUSAGE CASSEROLE, with mashed potato & peas	<input type="checkbox"/>
8278		CHICKEN & BACON HOTPOT, with cauliflower, carrots & peas	<input type="checkbox"/>
8245		SHEPHERDS PIE, with carrots & peas	<input type="checkbox"/>
7412		CHEESY VEGETABLE BAKE, with sauté potatoes, carrots, swede & peas	<input type="checkbox"/>
7445		VEGETABLE LASAGNE, with carrots & green beans	<input type="checkbox"/>

3134		GOLDEN SYRUP SPONGE, with syrup sauce & custard	<input type="checkbox"/>
3928		JAM ROLY POLY, with custard	<input type="checkbox"/>
2149		RASPBERRY TRIFLE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Friday (26)

8317		FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans	<input type="checkbox"/>
8304		BREADED FISH & CHIPS, with peas	<input type="checkbox"/>
8240		LANCASHIRE HOTPOT, with carrots & swede	<input type="checkbox"/>
7448		LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot	<input type="checkbox"/>
7410		OMELETTE, CHIPS & BEANS	<input type="checkbox"/>

3838		BAKEWELL TART, with custard	<input type="checkbox"/>
3958		APPLE CRUMBLE, with custard	<input type="checkbox"/>
2125		STRAWBERRY MOUSSE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Saturday (27)

8282		CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans	<input type="checkbox"/>
8232		MEATBALLS & MUSHY PEAS, with chips & onion gravy	<input type="checkbox"/>
8208		COTTAGE PIE, with carrots, swede & green beans	<input type="checkbox"/>
7407		CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots	<input type="checkbox"/>
7447		VEGETABLE CURRY, with white rice	<input type="checkbox"/>

3135		JAM SPONGE, with custard	<input type="checkbox"/>
3936		STEWED APPLE, with custard	<input type="checkbox"/>
2128		APRICOT & PEACH DESSERT	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Sunday (28)

8229		BEEF WITH ROAST POTATOES, with carrots, peas, & gravy	<input type="checkbox"/>
8211		STEAK & KIDNEY PIE, with mashed potato, carrots & swede	<input type="checkbox"/>
8279		CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas	<input type="checkbox"/>
7432		VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy	<input type="checkbox"/>
7446		VEGETABLE HOTPOT, with peas	<input type="checkbox"/>

3800		APPLE PIE, with custard	<input type="checkbox"/>
3959		RHUBARB CRUMBLE, with custard	<input type="checkbox"/>
2148		STRAWBERRY TRIFLE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

HILS Breakfast and Tea Service

We also offer a range of nutritious breakfast and tea meals.

These meals are delivered at the same time as your hot main meal and dessert. The tea meal will be placed in your fridge for eating later in the day, and your breakfast for eating the next morning. If you would like more information about these services, or to request a breakfast and tea menu, please contact us.

Breakfast – from porridge to croissants, we have a range of breakfast options to suit you, each served with a breakfast snack and drink of your choice.

Tea – we offer a tempting range of sandwiches, or a cream tea if you prefer, accompanied by a dessert of your choice and a sweet or savoury snack.



A great way to start the day



Enjoy an evening snack



Contacting us?

All of 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.

Hemel Hempstead

17 Hammer Lane
Adeyfield
Hemel Hempstead
HP2 4EU

Tel: 01442 243 352

Hertford

Unit 2
Mead Lane Industrial Estate
Merchant Drive
Hertford
SG13 7BH

Tel: 01920 333 030

Letchworth

Unit 16
Green Lane One
Blackhorse Road
Letchworth
SG6 1HB

Tel: 01462 678 423

St Albans

Jubilee Centre
Catherine Street
St Albans
AL3 5BU

Tel: 01727 847 264



meals@hils-uk.org