



**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: [westsussex@hils-uk.org](mailto:westsussex@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:** Select your meal options for each day of your service for all four weeks. You can select a **two-course meal** consisting of a soup and main course, or a main course and a dessert. Or you can choose to receive **all three courses** for an extra charge. 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.

**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 11am 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.

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.**

| Day           | Meal ID | Meal Name  | Specials | Meal ID | Meal Name                                       | Specials   |
|---------------|---------|--|----------|---------|---|------------|
| Monday (1)    | 1021    | CREAM OF MUSHROOM SOUP   | V GF     | 3119    | CHOCOLATE & CHERRY BROWNIE, with vanilla sauce  | V GF *     |
|               | 8321    | SAUSAGES IN ONION GRAVY, with mashed potato & baked beans                      | *        | 3925    | LEMON SPONGE, with custard                      | V * <15    |
|               | 8320    | FISHCAKES, with diced fried potatoes & peas                                    | ✓        | 2124    | CHOCOLATE MOUSSE                                | V GF * <15 |
|               | 8262    | CHICKEN SUPREME, with fried diced potato, carrots, green beans & peas          | ✓ GF     | FP      | FRUIT POT                                       | V GF       |
|               | 7437    | MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans     | V GF *   |         |   |            |
|               | 7432    | VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy                   | V        |         |   |            |
| Tuesday (2)   | 1014    | LEEK & POTATO SOUP   | V        | 3825    | GINGER SPONGE, with custard                     | V *        |
|               | 8260    | CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans              | *        | 3958    | APPLE CRUMBLE, with custard                     | V * <15 *  |
|               | 8316    | FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans        | ✓ GF     | 2127    | RASPBERRY DESSERT                               | V GF       |
|               | 8224    | PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas            | GF       | FP      | FRUIT POT                                       | V GF       |
|               | 7447    | VEGETABLE CURRY, with white rice   | V GF *   |         |   |            |
|               | 7445    | VEGETABLE LASAGNE, with carrots & green beans                                  | V        |         |   |            |
| Wednesday (3) | 1009    | CHICKEN SOUP   | GF       | 3142    | TREACLE TART, with custard                      | V *        |
|               | 8209    | SAVOURY MINCED BEEF, with mashed potato, carrots & swede                       | ✓ GF     | 3928    | JAM ROLY POLY, with custard                     | V * <15    |
|               | 8306    | FISHERMAN'S PIE, with carrots & green beans                                    | ✓ GF     | 2148    | STRAWBERRY TRIFLE                               | V          |
|               | 8328    | HAGGIS, with mashed potato & swede (pork)                                      | *        | FP      | FRUIT POT                                       | V GF       |
|               | 7410    | OMELETTE, CHIPS & BEANS  | ✓ V GF   |         |   |            |
|               | 7401    | MACARONI CHEESE, with carrots, sweetcorn & peas                                | V *      |         |   |            |
| Thursday (4)  | 1029    | LENTIL SOUP  | V GF     | 3134    | GOLDEN SYRUP SPONGE, with syrup sauce & custard | V GF *     |
|               | 8329    | SAUSAGE CASSEROLE, with mashed potato & peas                                   |          | 3926    | SULTANA SPONGE, with custard                    | V * <15    |
|               | 8250    | CHICKEN CHASSEUR, with diced fried potatoes, green beans & peas                | ✓ GF     | 2122    | BLACKCURRANT CHEESECAKE                         | V          |
|               | 8214    | BRAISED STEAK, with mashed potato & green beans                                | GF       | FP      | FRUIT POT                                       | V GF       |
|               | 7436    | VEGETARIAN SAUSAGE CASSEROLE, with mashed potato, carrots & peas               | V *      |         |   |            |
|               | 7407    | CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots               | V GF *   |         |   |            |
| Friday (5)    | 1015    | PEA & HAM SOUP   | GF       | 3838    | BAKEWELL TART, with custard                     | V *        |
|               | 8317    | FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans        | GF       | 3959    | RHUBARB CRUMBLE, with custard                   | V * <15 *  |
|               | 8232    | MEATBALLS & MUSHY PEAS, with chips & onion gravy                               | ✓        | 2128    | APRICOT & PEACH DESSERT                         | V GF * <15 |
|               | 8354    | SWEET & SOUR CHICKEN, with rice, red pepper & peas                             | ✓ GF     | FP      | FRUIT POT                                       | V GF       |
|               | 7446    | VEGETABLE HOTPOT, with peas  | ✓ V GF   |         |   |            |
|               | 7448    | LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot              | V *      |         |   |            |
| Saturday (6)  | 1019    | TOMATO SOUP  | V GF     | 3135    | JAM SPONGE, with custard                        | V GF *     |
|               | 8282    | CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans     | GF       | 3957    | APPLE & BLACKBERRY CRUMBLE, with custard        | V * <15 *  |
|               | 8221    | BEEF HOTPOT, with carrots & green beans  | GF       | 2125    | STRAWBERRY MOUSSE                               | V GF * <15 |
|               | 8304    | BREADED FISH & CHIPS, with peas  | ✓        | FP      | FRUIT POT                                       | V GF       |
|               | 7442    | CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans      | V *      |         |   |            |
|               | 7449    | CHICKPEA KATSU CURRY, with white rice  | ✓ V *    |         |   |            |
| Sunday (7)    | 1020    | CHUNKY VEGETABLE SOUP  | V GF     | 3800    | APPLE PIE, with custard                         | V *        |
|               | 8229    | BEEF WITH ROAST POTATOES, with carrots, peas, & gravy                          | ✓ GF     | 3906    | BLACKCURRANT PIE, with custard                  | V * <15 *  |
|               | 8245    | SHEPHERDS PIE, with carrots & peas   | GF       | 2149    | RASPBERRY TRIFLE                                | V          |
|               | 8256    | CHICKEN IN GRAVY, with mashed potato, carrots & swede                          | GF       | FP      | FRUIT POT                                       | V GF       |
|               | 7428    | VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas | V GF     |         |   |            |
|               | 7412    | CHEESY VEGETABLE BAKE, with sauté potatoes, carrots, swede & peas              | V GF *   |         |   |            |

COMMENTS:

# Week 2 (Days 8-14)

FOR OFFICE USE ONLY

ID: TEMP.....

Menu inputted on SMARTT

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)

|      |      |   |  |
|------|------|---|--|
| 1013 | V    | SCOTCH BROTH SOUP   |  |
| 8321 | *    | SAUSAGES IN ONION GRAVY, with mashed potato & baked beans               |  |
| 8316 | V GF | FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans |  |
| 8334 | *    | HAM & LEEK CRUMBLE, with mashed potato, cauliflower & peas              |  |
| 7445 | V    | VEGETABLE LASAGNE, with carrots & green beans                           |  |
| 7410 | V GF | OMELETTE, CHIPS & BEANS   |  |

|      |          |  |  |
|------|----------|--|--|
| 3119 | V GF *   | CHOCOLATE & CHERRY BROWNIE, with vanilla sauce |  |
| 3928 | V <15    | JAM ROLY POLY, with custard                    |  |
| 2128 | V GF <15 | APRICOT & PEACH DESSERT                        |  |
| FP   | V GF     | FRUIT POT                                      |  |

Tuesday (9)

|      |        |   |  |
|------|--------|---|--|
| 1021 | V GF   | CREAM OF MUSHROOM SOUP  |  |
| 8260 | *      | CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans         |  |
| 8232 | V      | MEATBALLS & MUSHY PEAS, with chips & onion gravy                          |  |
| 8318 | *      | ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans    |  |
| 7407 | V GF * | CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots          |  |
| 7442 | V *    | CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans |  |

|      |         |                               |  |
|------|---------|-------------------------------|--|
| 3825 | V *     | GINGER SPONGE, with custard   |  |
| 3959 | V <15 * | RHUBARB CRUMBLE, with custard |  |
| 2122 | V       | BLACKCURRANT CHEESECAKE       |  |
| FP   | V GF    | FRUIT POT                     |  |

Wednesday (10)

|      |        |  |  |
|------|--------|--|--|
| 1014 | V      | LEEK & POTATO SOUP   |  |
| 8209 | V GF   | SAVOURY MINCED BEEF, with mashed potato, carrots & swede                 |  |
| 8279 | GF *   | CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas |  |
| 8214 | GF     | BRAISED STEAK, with mashed potato & green beans                          |  |
| 7432 | V      | VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy             |  |
| 7447 | V GF * | VEGETABLE CURRY, with white rice   |  |

|      |          |                            |  |
|------|----------|----------------------------|--|
| 3142 | V *      | TREACLE TART, with custard |  |
| 3925 | V <15    | LEMON SPONGE, with custard |  |
| 2124 | V GF <15 | CHOCOLATE MOUSSE           |  |
| FP   | V GF     | FRUIT POT                  |  |

Thursday (11)

|      |      |   |  |
|------|------|---|--|
| 1009 | GF   | CHICKEN SOUP  |  |
| 8329 |      | SAUSAGE CASSEROLE, with mashed potato & peas                          |  |
| 8262 | V GF | CHICKEN SUPREME, with fried diced potato, carrots, green beans & peas |  |
| 8211 | *    | STEAK & KIDNEY PIE, with mashed potato, carrots & swede               |  |
| 7401 | V *  | MACARONI CHEESE, with carrots, sweetcorn & peas                       |  |
| 7446 | V GF | VEGETABLE HOTPOT, with peas   |  |

|      |         |   |  |
|------|---------|---|--|
| 3134 | V GF *  | GOLDEN SYRUP SPONGE, with syrup sauce & custard |  |
| 3906 | V <15 * | BLACKCURRANT PIE, with custard                  |  |
| 2127 | V GF    | RASPBERRY DESSERT                               |  |
| FP   | V GF    | FRUIT POT                                       |  |

Friday (12)

|      |        |  |  |
|------|--------|--|--|
| 1029 | V GF   | LENTIL SOUP  |  |
| 8317 | GF     | FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans        |  |
| 8204 |        | BEEF LASAGNE, with carrots & peas  |  |
| 8250 | V GF   | CHICKEN CHASSEUR, with diced fried potatoes, green beans & peas                |  |
| 7449 | V GF * | CHICKPEA KATSU CURRY, with white rice  |  |
| 7428 | V GF   | VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas |  |

|      |         |  |  |
|------|---------|--|--|
| 3838 | V *     | BAKEWELL TART, with custard              |  |
| 3957 | V <15 * | APPLE & BLACKBERRY CRUMBLE, with custard |  |
| 2123 | V GF    | COFFEE DESSERT                           |  |
| FP   | V GF    | FRUIT POT                                |  |

Saturday (13)

|      |        |  |  |
|------|--------|--|--|
| 1015 | GF     | PEA & HAM SOUP   |  |
| 8282 | GF     | CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans |  |
| 8320 | V      | FISHCAKES, with diced fried potatoes & peas                                |  |
| 8336 | *      | VIENNA STEAK, with mashed potato, sweetcorn & peas (pork)                  |  |
| 7412 | V GF * | CHEESY VEGETABLE BAKE, with sauté potatoes, carrots, swede & peas          |  |
| 7436 | V *    | VEGETARIAN SAUSAGE CASSEROLE, with mashed potato, carrots & peas           |  |

|      |         |                             |  |
|------|---------|-----------------------------|--|
| 3135 | V GF *  | JAM SPONGE, with custard    |  |
| 3958 | V <15 * | APPLE CRUMBLE, with custard |  |
| 2149 | V       | RASPBERRY TRIFLE            |  |
| FP   | V GF    | FRUIT POT                   |  |

Sunday (14)

|      |        |  |  |
|------|--------|--|--|
| 1019 | V GF   | TOMATO SOUP  |  |
| 8229 | V GF   | BEEF WITH ROAST POTATOES, with carrots, peas, & gravy                                      |  |
| 8273 |        | SLICED TURKEY, with roast potatoes, mashed carrot & parsnip, green beans, stuffing & gravy |  |
| 8264 | V GF * | CHICKEN CURRY, with rice   |  |
| 7448 | V *    | LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot                          |  |
| 7437 | V GF * | MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans                 |  |

|      |       |                              |  |
|------|-------|------------------------------|--|
| 3800 | V *   | APPLE PIE, with custard      |  |
| 3926 | V <15 | SULTANA SPONGE, with custard |  |
| 2126 | V     | STRAWBERRY CHEESECAKE        |  |
| FP   | V GF  | FRUIT POT                    |  |

COMMENTS:

# Week 3 (Days 15-21)

FOR OFFICE USE ONLY

ID: TEMP.....

Menu inputted on SMARTT

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)

|      |        |   |  |
|------|--------|---|--|
| 1020 | V      | CHUNKY VEGETABLE SOUP   |  |
| 8321 | *      | SAUSAGES IN ONION GRAVY, with mashed potato & baked beans                 |  |
| 8306 | V GF   | FISHERMAN'S PIE, with carrots & green beans                               |  |
| 8354 | V GF   | SWEET & SOUR CHICKEN, with rice, red pepper & peas                        |  |
| 7442 | V *    | CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans |  |
| 7407 | V GF * | CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots          |  |

|      |         |  |  |
|------|---------|--|--|
| 3119 | V GF *  | CHOCOLATE & CHERRY BROWNIE, with vanilla sauce |  |
| 3957 | V <15 * | APPLE & BLACKBERRY CRUMBLE, with custard       |  |
| 2123 | V GF    | COFFEE DESSERT                                 |  |
| FP   | V GF    | FRUIT POT                                      |  |

Tuesday (16)

|      |        |   |  |
|------|--------|---|--|
| 1013 | V      | SCOTCH BROTH SOUP   |  |
| 8260 | *      | CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans |  |
| 8304 | V      | BREADED FISH & CHIPS, with peas                                   |  |
| 8208 | GF     | COTTAGE PIE, with carrots, swede & green beans                    |  |
| 7446 | V GF   | VEGETABLE HOTPOT, with peas                                       |  |
| 7412 | V GF * | CHEESY VEGETABLE BAKE, with sauté potatoes, carrots, swede & peas |  |

|      |         |                                |  |
|------|---------|--------------------------------|--|
| 3825 | V *     | GINGER SPONGE, with custard    |  |
| 3906 | V <15 * | BLACKCURRANT PIE, with custard |  |
| 2148 | V       | STRAWBERRY TRIFLE              |  |
| FP   | V GF    | FRUIT POT                      |  |

Wednesday (17)

|      |        |   |  |
|------|--------|---|--|
| 1021 | V GF   | CREAM OF MUSHROOM SOUP  |  |
| 8209 | V GF   | SAVOURY MINCED BEEF, with mashed potato, carrots & swede                    |  |
| 8262 | V GF   | CHICKEN SUPREME, with fried diced potato, carrots, green beans & peas       |  |
| 8239 | GF     | LAMB & VEGETABLE CASSEROLE, with mashed potato, mashed carrot & green beans |  |
| 7437 | V GF * | MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans  |  |
| 7449 | V GF * | CHICKPEA KATSU CURRY, with white rice                                       |  |

|      |          |                             |  |
|------|----------|-----------------------------|--|
| 3142 | V *      | TREACLE TART, with custard  |  |
| 3928 | V <15    | JAM ROLY POLY, with custard |  |
| 2128 | V GF <15 | APRICOT & PEACH DESSERT     |  |
| FP   | V GF     | FRUIT POT                   |  |

Thursday (18)

|      |        |   |  |
|------|--------|---|--|
| 1014 | V      | LEEK & POTATO SOUP  |  |
| 8329 |        | SAUSAGE CASSEROLE, with mashed potato & peas  |  |
| 8328 | *      | HAGGIS, with mashed potato & swede (pork)   |  |
| 8255 | V      | CHICKEN BREAST, with roast potatoes, carrot, cauliflower, sprouts, peas, stuffing & gravy |  |
| 7447 | V GF * | VEGETABLE CURRY, with white rice  |  |
| 7448 | V *    | LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot                         |  |

|      |          |   |  |
|------|----------|---|--|
| 3134 | V GF *   | GOLDEN SYRUP SPONGE, with syrup sauce & custard |  |
| 3958 | V <15 *  | APPLE CRUMBLE, with custard                     |  |
| 2125 | V GF <15 | STRAWBERRY MOUSSE                               |  |
| FP   | V GF     | FRUIT POT                                       |  |

Friday (19)

|      |      |  |  |
|------|------|--|--|
| 1009 | GF   | CHICKEN SOUP   |  |
| 8317 | GF   | FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans        |  |
| 8318 | *    | ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans         |  |
| 8278 | V GF | CHICKEN & BACON HOTPOT, with cauliflower, carrots & peas                       |  |
| 7428 | V GF | VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas |  |
| 7436 | V *  | VEGETARIAN SAUSAGE CASSEROLE, with mashed potato, carrots & peas               |  |

|      |       |                              |  |
|------|-------|------------------------------|--|
| 3838 | V *   | BAKEWELL TART, with custard  |  |
| 3926 | V <15 | SULTANA SPONGE, with custard |  |
| 2122 | V     | BLACKCURRANT CHEESECAKE      |  |
| FP   | V GF  | FRUIT POT                    |  |

Saturday (20)

|      |      |  |  |
|------|------|--|--|
| 1029 | V GF | LENTIL SOUP  |  |
| 8282 | GF   | CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans |  |
| 8211 | *    | STEAK & KIDNEY PIE, with mashed potato, carrots & swede                    |  |
| 8240 | GF   | LANCASHIRE HOTPOT, with carrots & swede                                    |  |
| 7410 | V GF | OMELETTE, CHIPS & BEANS  |  |
| 7432 | V    | VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy               |  |

|      |         |                               |  |
|------|---------|-------------------------------|--|
| 3135 | V GF *  | JAM SPONGE, with custard      |  |
| 3959 | V <15 * | RHUBARB CRUMBLE, with custard |  |
| 2126 | V       | STRAWBERRY CHEESECAKE         |  |
| FP   | V GF    | FRUIT POT                     |  |

Sunday (21)

|      |      |   |  |
|------|------|---|--|
| 1015 | GF   | PEA & HAM SOUP  |  |
| 8229 | V GF | BEEF WITH ROAST POTATOES, with carrots, peas, & gravy               |  |
| 8224 | GF   | PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas |  |
| 8354 | V GF | SWEET & SOUR CHICKEN, with rice, red pepper & peas                  |  |
| 7445 | V    | VEGETABLE LASAGNE, with carrots & green beans                       |  |
| 7401 | V *  | MACARONI CHEESE, with carrots, sweetcorn & peas                     |  |

|      |          |                            |  |
|------|----------|----------------------------|--|
| 3800 | V *      | APPLE PIE, with custard    |  |
| 3925 | V <15    | LEMON SPONGE, with custard |  |
| 2124 | V GF <15 | CHOCOLATE MOUSSE           |  |
| FP   | V GF     | FRUIT POT                  |  |

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)

|      |  |   |  |
|------|--|---|--|
| 1019 |  | TOMATO SOUP   |  |
| 8321 |  | SAUSAGES IN ONION GRAVY, with mashed potato & baked beans                   |  |
| 8250 |  | CHICKEN CHASSEUR, with diced fried potatoes, green beans & peas             |  |
| 8239 |  | LAMB & VEGETABLE CASSEROLE, with mashed potato, mashed carrot & green beans |  |
| 7436 |  | VEGETARIAN SAUSAGE CASSEROLE, with mashed potato, carrots & peas            |  |
| 7437 |  | MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans  |  |

|      |  |  |  |
|------|--|--|--|
| 3119 |  | CHOCOLATE & CHERRY BROWNIE, with vanilla sauce |  |
| 3926 |  | SULTANA SPONGE, with custard                   |  |
| 2127 |  | RASPBERRY DESSERT                              |  |
| FP   |  | FRUIT POT                                      |  |

Tuesday (23)

|      |  |  |  |
|------|--|--|--|
| 1020 |  | CHUNKY VEGETABLE SOUP  |  |
| 8260 |  | CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans              |  |
| 8204 |  | BEEF LASAGNE, with carrots & peas  |  |
| 8264 |  | CHICKEN CURRY, with rice   |  |
| 7401 |  | MACARONI CHEESE, with carrots, sweetcorn & peas                                |  |
| 7428 |  | VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas |  |

|      |  |  |  |
|------|--|--|--|
| 3825 |  | GINGER SPONGE, with custard              |  |
| 3957 |  | APPLE & BLACKBERRY CRUMBLE, with custard |  |
| 2124 |  | CHOCOLATE MOUSSE                         |  |
| FP   |  | FRUIT POT                                |  |

Wednesday (24)

|      |  |   |  |
|------|--|---|--|
| 1013 |  | SCOTCH BROTH SOUP   |  |
| 8209 |  | SAVOURY MINCED BEEF, with mashed potato, carrots & swede                  |  |
| 8336 |  | VIENNA STEAK, with mashed potato, sweetcorn & peas (pork)                 |  |
| 8354 |  | SWEET & SOUR CHICKEN, with rice, red pepper & peas                        |  |
| 7449 |  | CHICKPEA KATSU CURRY, with white rice                                     |  |
| 7442 |  | CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans |  |

|      |  |                                |  |
|------|--|--------------------------------|--|
| 3142 |  | TREACLE TART, with custard     |  |
| 3906 |  | BLACKCURRANT PIE, with custard |  |
| 2123 |  | COFFEE DESSERT                 |  |
| FP   |  | FRUIT POT                      |  |

Thursday (25)

|      |  |   |  |
|------|--|---|--|
| 1021 |  | CREAM OF MUSHROOM SOUP  |  |
| 8329 |  | SAUSAGE CASSEROLE, with mashed potato & peas                      |  |
| 8278 |  | CHICKEN & BACON HOTPOT, with cauliflower, carrots & peas          |  |
| 8245 |  | SHEPHERDS PIE, with carrots & peas                                |  |
| 7412 |  | CHEESY VEGETABLE BAKE, with sauté potatoes, carrots, swede & peas |  |
| 7445 |  | VEGETABLE LASAGNE, with carrots & green beans                     |  |

|      |  |   |  |
|------|--|---|--|
| 3134 |  | GOLDEN SYRUP SPONGE, with syrup sauce & custard |  |
| 3928 |  | JAM ROLY POLY, with custard                     |  |
| 2149 |  | RASPBERRY TRIFLE                                |  |
| FP   |  | FRUIT POT                                       |  |

Friday (26)

|      |  |   |  |
|------|--|---|--|
| 1014 |  | LEEK & POTATO SOUP  |  |
| 8317 |  | FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans |  |
| 8304 |  | BREADED FISH & CHIPS, with peas   |  |
| 8240 |  | LANCASHIRE HOTPOT, with carrots & swede                                 |  |
| 7448 |  | LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot       |  |
| 7410 |  | OMELETTE, CHIPS & BEANS   |  |

|      |  |                             |  |
|------|--|-----------------------------|--|
| 3838 |  | BAKEWELL TART, with custard |  |
| 3958 |  | APPLE CRUMBLE, with custard |  |
| 2125 |  | STRAWBERRY MOUSSE           |  |
| FP   |  | FRUIT POT                   |  |

Saturday (27)

|      |  |  |  |
|------|--|--|--|
| 1009 |  | CHICKEN SOUP   |  |
| 8282 |  | CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans |  |
| 8232 |  | MEATBALLS & MUSHY PEAS, with chips & onion gravy                           |  |
| 8208 |  | COTTAGE PIE, with carrots, swede & green beans                             |  |
| 7407 |  | CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots           |  |
| 7447 |  | VEGETABLE CURRY, with white rice   |  |

|      |  |                            |  |
|------|--|----------------------------|--|
| 3135 |  | JAM SPONGE, with custard   |  |
| 3936 |  | STEWED APPLE, with custard |  |
| 2128 |  | APRICOT & PEACH DESSERT    |  |
| FP   |  | FRUIT POT                  |  |

Sunday (28)

|      |  |  |  |
|------|--|--|--|
| 1029 |  | LENTIL SOUP  |  |
| 8229 |  | BEEF WITH ROAST POTATOES, with carrots, peas, & gravy                    |  |
| 8211 |  | STEAK & KIDNEY PIE, with mashed potato, carrots & swede                  |  |
| 8279 |  | CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas |  |
| 7432 |  | VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy             |  |
| 7446 |  | VEGETABLE HOTPOT, with peas  |  |

|      |  |                               |  |
|------|--|-------------------------------|--|
| 3800 |  | APPLE PIE, with custard       |  |
| 3959 |  | RHUBARB CRUMBLE, with custard |  |
| 2148 |  | STRAWBERRY TRIFLE             |  |
| FP   |  | FRUIT POT                     |  |



**"It's lovely to know HILS are there to help us any way they can. I cannot fault the service at all. Thank you all so much."**

## Contacting us?

Our sites are open from 8.30am to 4pm, 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.



*"Pass on my warmest best wishes to all the staff at HILS for all your support throughout the year without which I couldn't have managed"*

**HILS client**

To get in touch,  
please call  
**0330 2000 103**