



**Health & Independent
Living Support**

**Support
at Home**

Breakfast and Tea Menu

**Delivered
with your
hot meal at
lunchtime**



Please complete:

Name

Address

Date completed

**Contact us on: 0330 2000 103
or email: hertsmeals@hils-uk.org**

www.hils-uk.org



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

Thank you for choosing our Tea and/or Breakfast service.

We are very proud of both the quality and variety of our balanced, nutritious meals. This menu is provided so that you can make tea and breakfast choices throughout the week. These will be delivered with your hot meal each day, and placed in the fridge for you to eat later in the day (tea) or the next morning (breakfast).

You can make changes to your menu choices at any time. Our Nutrition & Wellbeing Team has created some simple coding to make it easier for you to choose options to suit you.

Step 1: Select your Tea and/or Breakfast choices each day.

Step 2: Give your completed menu to your meals on wheels delivery driver or return it by post or email if you prefer.

Step 3: We can provide you with a copy of your completed menu upon request as a record of what you have ordered.

We hope you enjoy browsing our tea and breakfast menu.

Menu Codes

- Gluten-Free
- Sandwiches that contain at least 400 calories and snacks containing at least 175 calories per portion (these are the highest energy options on our menu).
- Vegetarian
- Vegan

While every care has been taken to ensure product information is correct, food products are constantly being reformulated, so nutrition content and allergens may change. Allergens are shown within the ingredients list on packaging. You should always read the product label and not rely solely on packaging. Although product information is regularly updated, HILS is unable to accept liability for any incorrect information.

What's included in the HILS Breakfast Service?



Code	SECTION 1 - CEREAL		Mon	Tue	Wed	Thur	Fri	Sat	Sun
145866	Muesli and milk								
145867	Muesli (no added sugar) and milk								
189894	Fruit & Fibre and milk								
101062	Cornflakes and milk								
140278	Porridge sachet and milk (requires heating)								
101071	Rice Krispies and milk								
N/BR/MAIN	No cereal required								

... next select which snack you would like:

Code	SECTION 2 - SNACKS		Mon	Tue	Wed	Thur	Fri	Sat	Sun
142095	Fruit yoghurt - various flavours								
140855	Fruit Pot - peach and pear in juice								
161375	Frosties cereal bar								
181350	Coco pops cereal bar								
172550	Croissant and jam								
172551	Pain au chocolate								
181625	Mixed fruit danish								
10635	Double chocolate chip muffin								
137244	Blueberry mini muffin								
N/BR/SNCK	No snack required								

... finally let us know which drinks you would like:

Code	SECTION 3 - DRINKS		Mon	Tue	Wed	Thur	Fri	Sat	Sun
188939	Strawberry milk								
137047	Chocolate milk								
180427	Orange Juice								
180426	Apple juice								
160636	Ribena								
156288	Water								
124638	Hot chocolate sachet								
131929	Cappuccino sachet								
N/BR/DRNK	No drink required								

There are no gluten-containing ingredients in the drinks listed

Special Dietary Needs

We cater for a range of dietary needs and preferences.

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 tea or breakfast items delivered are suitable for you.

Diabetes

All of our breakfast and tea choices are suitable for people with diabetes. Food choices can be an important part of diabetes management so if you do need support making choices from the menu please contact us.

Gluten Free Tea Menu

We have a dedicated gluten-free tea menu which includes wraps and rolls suitable for anyone unable to have gluten. Please ask your meals on wheels delivery driver to request a copy for you. Please note, gluten free sandwiches will need to be pre-ordered and can take up to three days to arrive with us.

Texture Modified Food

Unfortunately, if a health professional has advised you to have a texture modified diet, the breakfast and tea products are unsuitable.

If you are unsure about whether our breakfast and tea options are suitable or would like more information about our menus please contact us.

PLEASE NOTE: ALL cancellations MUST be made before 8.30am or a charge WILL be made. All selections are subject to availability. An alternative may have to be delivered on occasion.

Enjoy an evening snack

Tea

FOR OFFICE USE ONLY

ID: TEMP Inputted on SMARTT
Date

What's included in the HILS Tea Service?



Code	SECTION 1 - MAINS	Mon	Tue	Wed	Thur	Fri	Sat	Sun
CT/SS	Cream Tea (scone, jam & clotted cream)							
921	Cheesly Savoury on malted Granary Bread							
913	Double Egg & Cress on malted bread							
902	Egg Mayonnaise on white bread							
910	Cheddar Cheese on white bread							
923	Chicken Tikka, Minted Yoghurt & Iceberg on malted granary bread							
922	Pesto Mozzarella Tomato & Rocket on white bread							
917	Ham on white bread							
915	Ham Salad on white bread							
94	Chicken, Bacon & Stuffing on malted bread							
92	Chicken Mayo on malted bread							
91	Chicken Salad on malted bread							
99	Tuna Mayonnaise on white bread							
98	Tuna, Sweetcorn & Lettuce on malted bread							
924	Salmon Mayo & Cucumber on oatmeal bread							
925	Bacon, Lettuce & Tomato on white bread							
925	Cheddar Ploughmans with Branston Pickle on malted granary bread							
N/TEA/MAIN	No main required							

... next select which desserts you would like:

Code	SECTION 2 - DESSERTS	Mon	Tue	Wed	Thur	Fri	Sat	Sun
DES/FY/RP	Fruit yoghurt - various flavours							
40855	Fruit Pot - peach and pear in juice							
12573	Low sugar jelly - strawberry flavour							
99123	Low sugar jelly - raspberry flavour							
99115	Low sugar jelly - orange							
07252	Custard pot - original flavour							
07253	Custard pot - chocolate flavour							
07254	Custard pot - strawberry flavour							
50635	Custard pot - banana flavour							
11318	Rice pot - original flavour							
N/T/DESS	No dessert required							

There are no gluten-containing ingredients in the desserts listed

...now choose which snacks you would like:

Code	SECTION 3 - SNACKS	Mon	Tue	Wed	Thur	Fri	Sat	Sun
01516	Crisps - various flavours							
04248	Milk chocolate chip cookie							
20028	Mini pack of biscuits - various types							
10635	Double chocolate chip muffin							
37244	Blueberry mini muffin							
N/SNCK	No snack required							

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Are you living with dementia or worried about memory loss?
Hertswise can help with:

- Activities designed by you
- Specialist Advisers
- One to one support
- Carer support groups & advice
- Information and Advice
- And much more!

Call our team: 0300 123 4044 Monday - Friday, 8am - 6pm

Brought to you by the Hertswise partnership



HILS supplies and installs key safes for clients across Hertfordshire, helping you to feel safe at home.



Could you benefit from having a key safe?

Key safes are useful for people who might forget their keys and for people who have regular visitors, such as carers or meals on wheels staff.

- A key safe is a small, strong, metal box accessed by using a personal code. It is fitted to the outside of your home and is used to store a spare door key.
- HILS can install a key safe at your home, anywhere in Hertfordshire.



To find out our current prices and to find out more, visit our website on

www.hils-uk.org

or call us on 0330 2000 103

Book your key safe installation online!

More than just a meal

About us

Health & Independent Living Support (HILS) is a charitable, not-for-profit, social enterprise that operates from four sites across the county, 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.



How do we support our clients at home?

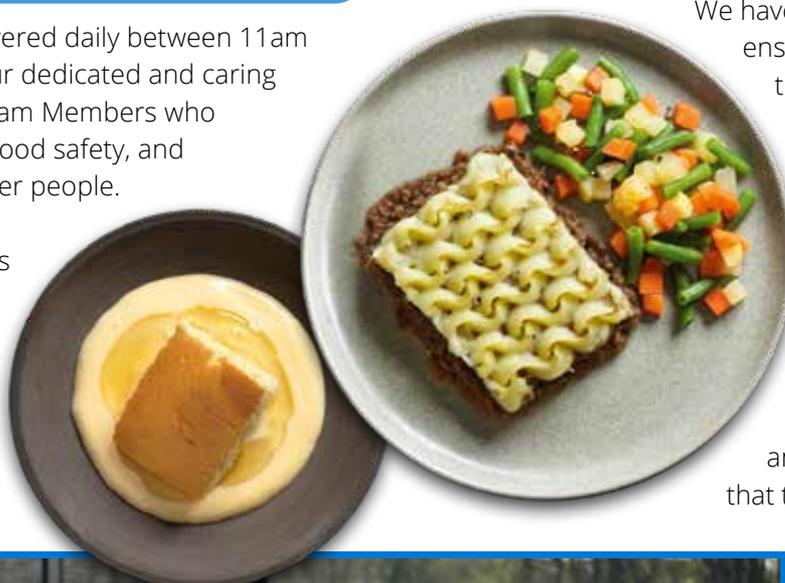
We have a 'no reply' procedure in place to ensure that if a client does not answer the door, we follow up to make sure they are safe.

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.

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 are paid the Real Living Wage.



Our sites are open from 8:00am 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.

Contact us on: 0330 2000 103
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