



**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](mailto:hertsmeals@hils-uk.org)**

**[www.hils-uk.org](http://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.*

## 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.

## What's included in the HILS Breakfast Service?



### Code SECTION 1 - CEREAL

|           |   |   |
|-----------|---|---|
| 145866    | Muesli and milk                             | V |
| 145867    | Muesli (no added sugar) and milk            | V |
| 189894    | Fruit & Fibre and milk                      | V |
| 101062    | Cornflakes and milk                         | V |
| 140278    | Porridge sachet and milk (requires heating) | V |
| 101071    | Rice Krispies and milk                      | V |
| N/BR/MAIN | No cereal required                          | V |

| Mon                      | Tue                      | Wed                      | Thur                     | Fri                      | Sat                      | Sun                      |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

... next select which snack you would like:

### Code SECTION 2 - SNACKS

|           |                                     |      |
|-----------|-------------------------------------|------|
| 142095    | Fruit yoghurt – various flavours    | V GF |
| 140855    | Fruit Pot - peach and pear in juice | V GF |
| 161375    | Frosties cereal bar                 | V    |
| 181350    | Coco pops cereal bar                | V    |
| 172550    | Croissant and jam                   | V *  |
| 172551    | Pain au chocolate                   | V *  |
| 181625    | Mixed fruit danish                  | V *  |
| 10635     | Double chocolate chip muffin        | V *  |
| 137244    | Blueberry mini muffin               | V    |
| N/BR/SNCK | No snack required                   |      |

| Mon                      | Tue                      | Wed                      | Thur                     | Fri                      | Sat                      | Sun                      |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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

### Code SECTION 3 - DRINKS

|           |                      |   |
|-----------|----------------------|---|
| 188939    | Strawberry milk      | V |
| 137047    | Chocolate milk       | V |
| 180427    | Orange Juice         | V |
| 180426    | Apple juice          | V |
| 160636    | Ribena               | V |
| 156288    | Water                | V |
| 124638    | Hot chocolate sachet | V |
| 131929    | Cappuccino sachet    | V |
| N/BR/DRNK | No drink required    |   |

| Mon                      | Tue                      | Wed                      | Thur                     | Fri                      | Sat                      | Sun                      |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

*There are no gluten-containing ingredients in the drinks listed*

**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)                          | V *  |     |     |     |      |     |     |     |
| 921        | Cheesy Savoury on malted Granary Bread                          | V Ve |     |     |     |      |     |     |     |
| 913        | Double Egg & Cress on malted bread                              | V    |     |     |     |      |     |     |     |
| 902        | Egg Mayonnaise on white bread                                   | V    |     |     |     |      |     |     |     |
| 910        | Cheddar Cheese on white bread                                   | V *  |     |     |     |      |     |     |     |
| 923        | Chicken Tikka, Minted Yoghurt & Iceberg on malted granary bread |      |     |     |     |      |     |     |     |
| 922        | Pesto Mozzarella Tomato & Rocket on white bread                 | V *  |     |     |     |      |     |     |     |
| 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                         |      |     |     |     |      |     |     |     |
| 918        | Bacon, Lettuce & Tomato on white bread                          |      |     |     |     |      |     |     |     |
| 912        | Cheddar Ploughmans with Branston Pickle on malted granary bread | V    |     |     |     |      |     |     |     |
| 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     | V (GF) |     |     |     |      |     |     |     |
| 40855     | Fruit Pot - peach and pear in juice  | V (GF) |     |     |     |      |     |     |     |
| 12573     | Low sugar jelly - strawberry flavour | V Ve   |     |     |     |      |     |     |     |
| 99123     | Low sugar jelly - raspberry flavour  | V Ve   |     |     |     |      |     |     |     |
| 99115     | Low sugar jelly - orange             | V Ve   |     |     |     |      |     |     |     |
| 07252     | Custard pot - original flavour       | V      |     |     |     |      |     |     |     |
| 07253     | Custard pot - chocolate flavour      | V      |     |     |     |      |     |     |     |
| 07254     | Custard pot - strawberry flavour     | V      |     |     |     |      |     |     |     |
| 50635     | Custard pot - banana flavour         | V      |     |     |     |      |     |     |     |
| 11318     | Rice pot - original flavour          | V      |     |     |     |      |     |     |     |
| 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             | V   |     |     |     |      |     |     |     |
| 04248  | Milk chocolate chip cookie            | V * |     |     |     |      |     |     |     |
| 20028  | Mini pack of biscuits - various types | V * |     |     |     |      |     |     |     |
| 10635  | Double chocolate chip muffin          | V * |     |     |     |      |     |     |     |
| 37244  | Blueberry mini muffin                 | V   |     |     |     |      |     |     |     |
| N/SNCK | No snack required                     |     |     |     |     |      |     |     |     |

**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.



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.



**Health & Independent Living Support**

**Support at Home**

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

**[www.hils-uk.org](http://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?

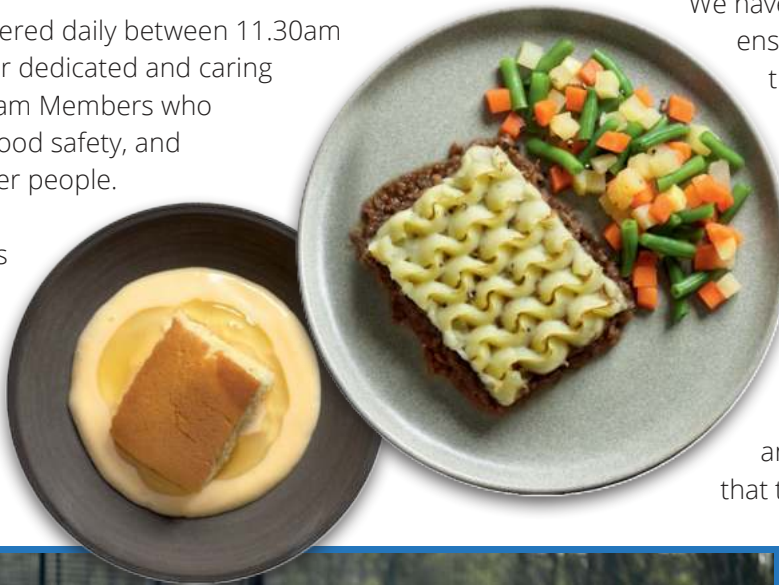
We have a 'no reply' procedure in place to ensure that if a client does not answer the door, we follow up to make sure they are safe.

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 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 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**  
**[hertsmeals@hils-uk.org](mailto:hertsmeals@hils-uk.org)**  
**[www.hils-uk.org](http://www.hils-uk.org)**