

Hertfordshire Lunch Club Menu



Delivered to
your lunch club
by our caring
team



Health & Independent
Living Support

11th March 2024 - 10th March 2025

Thank you for choosing us

Welcome to our Lunch Club Service

We are 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 variety of delicious options to choose from.

How to order

Step 1: Choose up to two meat or fish mains, as well as one optional vegetarian dish. Then, select up to four side dishes from a variety of potatoes, rice, and vegetables. Finally, choose up to two desserts from our range. You can also add individual portions of cold or reduced sugar desserts for those following a diabetic diet.

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.

You may choose from any of the options on the week your club meets, but it must be from that particular week (dates can be found at the top of the menu pages).


Food comes in multi-portion containers to serve from. If your total attendee number is below four people, we will send individual meals.



Dietary Needs & Menu Codes

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, or experiencing a poor appetite or unintentional weight loss, may wish to opt for meals and desserts marked with  to help with weight maintenance. Call us for further information on how to support clients who may be at risk of malnutrition.

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 & religious choices - We can cater for a range of diets including Halal, Kosher, and West Indian & Caribbean.



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



Dishes suitable for people following a vegetarian diet














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





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

Mains

Please choose up to **TWO** main meat/fish options and/or **ONE** vegetarian option



434	Potato-topped Chicken Pie  	456	Chicken Tikka Masala 	101	Beef Lasagne 
312	Shepherd's Pie 	528	Fish Goujons	742	Cheese and Onion Pie  
100	Roast Beef in Gravy 	201	Sliced Gammon and Pineapple 	708	Vegetarian Cottage Pie  

Sides 1

Please choose up to **TWO** options - all options are  

789	Wedges	909	Colcannon Mash
752	Boiled Potatoes	754	Croquettes
796	Minted Boiled Potatoes	787	Mashed Potatoes
913	Dauphinoise Potatoes	745	Sauté Potatoes
779	Vegetable Rice	765	White Rice
751	Roast Potatoes	970	Baby Potatoes
746	West Country Cheddar Mash		























Sides 2

Please choose up to **TWO** options. - all options are  

740	Broccoli	764	Sliced Carrots
791	Mashed Root Veg	762	Mixed Veg
775	Sweetcorn	763	Mushy Peas
756	Peas	771	Mashed Swede
761	Cut Green Beans	758	Cauliflower
768	Minted Summer Veg	757	Cabbage
769	Baked Beans	759	Brussels Sprouts

Desserts


Please choose up to **TWO** dessert options. Cold and reduced sugar puddings are individual portions and can be added additionally.



808	Mixed Fruit Pie  	840	Sticky Toffee Pudding  	2122	Blackcurrant Cheesecake* 
801	Apple Crumble  	800	Bread and Butter Pudding  	293936	Reduced Sugar Stewed Apple*   
806	Chocolate Chip Sponge  	2124/5	Choc or Strawberry Mousse*   	293906	Reduced Sugar Blackcurrant Pie*  
816	Spotted Dick  	2148	Strawberry Trifle* 	FP	Fruit Pot*  

*Individual portions

Mains

Please choose up to **TWO** main meat/fish options and/or **ONE** vegetarian option


426 Roast Chicken Breasts in Gravy 


433 Chicken Cheese and Bacon Bake  


529 Fish Pie 



114 Cottage Pie 

233 Ham and Leek Crumble 



711 Macaroni Cheese 

133 Steak Pie with Flaky Pastry Top 

449 Chicken Korma 

742 Cheese and Onion Quiche  

Sides 1

Please choose up to **TWO** options - all options are  

789 Wedges

909 Colcannon Mash

752 Boiled Potatoes

754 Croquettes

796 Minted Boiled Potatoes

787 Mashed Potatoes

913 Dauphinoise Potatoes

745 Sauté Potatoes

779 Vegetable Rice



765 White Rice

751 Roast Potatoes

970 Baby Potatoes

746 West Country Cheddar Mash

Sides 2

Please choose up to **TWO** options - all options are  

740 Broccoli

764 Sliced Carrots

791 Mashed Root Veg

762 Mixed Veg

775 Sweetcorn

763 Mushy Peas

756 Peas

771 Mashed Swede

761 Cut Green Beans

758 Cauliflower

768 Minted Summer Veg

757 Cabbage

769 Baked Beans


759 Brussels Sprouts



Desserts



Please choose up to **TWO** dessert options. Cold and reduced sugar puddings are individual portions and can be added additionally.




859 Apple Pie  

823 Bakewell Tart  




2149 Raspberry Trifle* 

813 Rhubarb Crumble  



840 Sticky Toffee Pudding  


293957 R. Sugar Apple & B/berry Crumble*   

811 Syrup Sponge  

2124/5 Choc or Strawberry Mousse*   

293928 R. Sugar Jam Roly Poly*  

806 Chocolate Chip Sponge  

2126 Strawberry Cheesecake* 



FP Fruit Pot*  

Mains

Please choose up to **TWO** main meat/fish options and/or **ONE** vegetarian option

402	Sliced Turkey in Gravy 	505	Breaded Cod	115	Beef Bolognese with Pasta
312	Shepherd's Pie 	217	Quiche Lorraine 	703	Vegetable Lasagne   
410	Sweet and Sour Chicken 	320	Lamb and Mint Pie 	713	Potato, Cheese, and Leek Bake   

Sides 1

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752	Boiled Potatoes	754	Croquettes
796	Minted Boiled Potatoes	787	Mashed Potatoes
913	Dauphinoise Potatoes	745	Sauté Potatoes
779	Vegetable Rice	765	White Rice
751	Roast Potatoes	970	Baby Potatoes
	746	West Country Cheddar Mash	













Sides 2

Please choose up to **TWO** options - all options are  

740	Broccoli	764	Sliced Carrots
791	Mashed Root Veg	762	Mixed Veg
775	Sweetcorn	763	Mushy Peas
756	Peas	771	Mashed Swede
761	Cut Green Beans	758	Cauliflower
768	Minted Summer Veg	757	Cabbage
769	Baked Beans	759	Brussels Sprouts


Desserts

Please choose up to **TWO** dessert options. Cold and reduced sugar puddings are individual portions and can be added additionally.


808	Mixed Fruit Pie  	840	Sticky Toffee Pudding  	2124/5	Chocolate or Strawberry Mousse*  
827	Summer Fruit Crumble  	800	Bread and Butter Pudding  	293936	R. Sugar Stewed Apple*  
851	Pineapple Sponge  	2148	Strawberry Trifle* 	293906	R. Sugar Blackcurrant Pie*  
806	Chocolate Chip Sponge  	2122	Blackcurrant Cheesecake* 	FP	Fruit Pot*  


Mains


Please choose up to **TWO** main meat/fish options and/or **ONE** vegetarian option



625 Sausage Casserole 

114 Cottage Pie 


112 Minced Beef Hotpot 

200 Roast Pork in Gravy 

411 Chicken Chasseur 



927 Vegetarian Hotpot  

508 Tuna Pasta Bake

303 Lancashire Hotpot 

951 Katsu Curry  

Sides 1

Please choose up to **TWO** options - all options are  

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752 Boiled Potatoes

754 Croquettes

796 Minted Boiled Potatoes

787 Mashed Potatoes

913 Dauphinoise Potatoes

745 Sauté Potatoes

779 Vegetable Rice



765 White Rice

751 Roast Potatoes

970 Baby Potatoes

746 West Country Cheddar Mash

Sides 2

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Desserts



Please choose up to **TWO** dessert options. Cold and reduced sugar puddings are individual portions and can be added additionally.




859 Apple Pie  



823 Bakewell Tart  


2126 Strawberry Cheesecake* 

831 Apricot Crumble  

840 Sticky Toffee Pudding  

293957 R. Sugar Apple & B/Berry Crumble*   

806 Chocolate Chip Sponge  

2149 Raspberry Trifle* 

293928 R. Sugar Jam Roly Poly*  

818 Jam Sponge  

2124/5 Chocolate or Strawberry Mousse*   

FP Fruit Pot*  

We hope you enjoy your Lunch Club Service!



Contact us

Our Lunch Club Coordinators work 9am - 2pm, Monday - Friday. 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.

0330 2000 103

Letchworth

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St Albans

Hertford

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