



**Health & Independent
Living Support**

**Support
at Home**

Main Menu

**Monday 6th
May 2024
to Sunday 4th
May 2025**



Please complete:

Name

Address

Date completed

**To get in touch with us
please call 0330 2000 103
or email: hampshire@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 each year.

If you would like to change your order, you can do so at any time by calling 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 more than 500 calories and 12g of protein, and desserts that contain more than 300 calories and 3g of protein
-  Main meals that contain less than 16g of total fat, 5g of saturated fat, 1.5g of salt and 15g of sugar per portion
-  Desserts that contain less than 15g sugar per portion
-  Main meals that contain more than 19g of protein and desserts that contain more than 5g of protein. Protein is vital in recovery and maintaining muscle mass.

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 jewellery 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

The following alternative menus are available on request.

- 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 occasion 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 & 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 a million meals each year! Our mission 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 11.15am and 2.15pm 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.



Always contact the office (see back cover) to cancel or change your meal choices and/or days. Please do not use the menu to indicate a cancellation or change to a delivery.

Week 1 (Days 1-7)

WEEKS BEGINNING:

6th May

3rd June

1st July

29th July

26th August

23rd September

21st October

18th November

16th December

2025:

13th January

10th February

10th March

7th April

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Menu inputted on SMARTT

Date

Monday (1)

291029		LENTIL SOUP
218260		CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans
218232		MEATBALLS & MUSHY PEAS, with chips & onion gravy
218302		SALMON SUPREME, with mashed potato, carrots, green beans & peas
217412		CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas
217432		VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy

293841		RICE & STEWED APPLE
293906		BLACKCURRANT PIE, with custard
292128		APRICOT & PEACH DESSERT
FP		FRUIT POT

Tuesday (2)

291015		PEA & HAM SOUP
218209		SAVOURY MINCED BEEF, with mashed potato, carrots & swede
218286		HAM IN PARSLEY SAUCE, with green beans, carrot & swede
218245		SHEPHERD'S PIE, with carrots & peas
217437		MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans
217449		CHICKPEA KATSU CURRY, with white rice

293119		CHOCOLATE & CHERRY BROWNIE, with vanilla sauce
293926		SULTANA SPONGE, with custard
292148		STRAWBERRY TRIFLE
FP		FRUIT POT

Wednesday (3)

291019		TOMATO SOUP
218282		CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans
218318		ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans
218320		FISHCAKES, with diced fried potatoes & peas
217401		MACARONI CHEESE, with carrots, sweetcorn & peas
217428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas

293824		LEMON SPONGE, with lemon sauce & custard
293958		APPLE CRUMBLE, with custard
292123		COFFEE DESSERT
FP		FRUIT POT

Thursday (4)

291014		LEEK & POTATO SOUP
218329		SAUSAGE CASSEROLE, with mashed potato & peas
218211		STEAK & KIDNEY PIE, with mashed potato, carrots & swede
218264		CHICKEN CURRY, with rice
217448		LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot
217446		VEGETABLE HOTPOT, with peas

293842		WEST COUNTRY CLOTTED CREAM RICE PUDDING
293928		JAM ROLY POLY, with raspberry sauce & custard
292122		BLACKCURRANT CHEESECAKE
FP		FRUIT POT

Friday (5)

291009		CHICKEN SOUP
218303		BREADED FISH, with mashed potato & peas
218214		BRAISED STEAK, with mashed potato & green beans
218246		LAMB & POTATO CURRY, with white rice & coriander
217442		CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans
217445		VEGETABLE LASAGNE, with carrots & green beans

293814		APRICOT CRUMBLE, with custard
293924		GOLDEN SYRUP SPONGE, with custard
292149		RASPBERRY TRIFLE
FP		FRUIT POT

Saturday (6)

291020		CHUNKY VEGETABLE SOUP
218204		BEEF LASAGNE, with carrots & peas
218354		SWEET & SOUR CHICKEN, with rice, red pepper & peas
218317		FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans
217410		OMELETTE, chips & beans
217447		VEGETABLE CURRY, with white rice

293141		BLACKCURRANT SPONGE, with custard
293957		APPLE & BLACKBERRY CRUMBLE, with custard
292126		STRAWBERRY CHEESECAKE
FP		FRUIT POT

Sunday (7)

291013		SCOTCH BROTH SOUP
218255		CHICKEN BREAST, with roast potatoes, carrot, cauliflower, sprouts, peas, stuffing & gravy
218323		LAMB'S LIVER & ONION GRAVY, with mashed potato, carrots & swede
218224		PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas
217428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas
217437		MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans

293866		STICKY TOFFEE PUDDING, with custard
293900		APPLE PIE, with custard
292124		CHOCOLATE MOUSSE
FP		FRUIT POT

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Week 2 (Days 8-14)

WEEKS BEGINNING:

- 13th May
- 10th June
- 8th July
- 5th August
- 2nd September
- 30th September
- 28th October
- 25th November
- 23rd December
- 2025:
- 20th January
- 17th February
- 17th March
- 14th April

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Menu inputted on SMARTT

Date

Monday (8)	<div>291021</div> <div><div>V</div><div>GF</div></div> <div>CREAM OF MUSHROOM SOUP</div>		<div>293136</div> <div><div>V</div><div>GF</div></div> <div>RICE PUDDING & APRICOT</div>
	<div>218211</div> <div><div>*</div><div>P</div></div> <div>STEAK & KIDNEY PIE, with mashed potato, carrots & swede</div>		<div>293936</div> <div><div>V</div><div>GF</div><div><15</div></div> <div>STEWED APPLE, with custard</div>
	<div>218240</div> <div><div>GF</div></div> <div>LANCASHIRE HOTPOT, with carrots & swede</div>		<div>292125</div> <div><div>V</div><div>GF</div><div><15</div></div> <div>STRAWBERRY MOUSSE</div>
	<div>218320</div> <div><div></div></div> <div>FISHCAKES, with diced fried potatoes & peas</div>		<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217407</div> <div><div>V</div><div>GF</div></div> <div>CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots</div>		
	<div>217449</div> <div><div></div><div>V</div></div> <div>CHICKPEA KATSU CURRY, with white rice</div>		
Tuesday (9)	<div>291029</div> <div><div>V</div><div>GF</div></div> <div>LENTIL SOUP</div>		<div>293825</div> <div><div>V</div></div> <div>GINGER SPONGE, with custard</div>
	<div>218278</div> <div><div></div><div>GF</div></div> <div>CHICKEN & BACON HOTPOT, with cauliflower, carrots & peas</div>		<div>293928</div> <div><div>V</div><div><15</div></div> <div>JAM ROLY POLY, with raspberry sauce & custard</div>
	<div>218232</div> <div><div></div></div> <div>MEATBALLS & MUSHY PEAS, with chips & onion gravy</div>		<div>292122</div> <div><div>V</div></div> <div>BLACKCURRANT CHEESECAKE</div>
	<div>218302</div> <div><div>GF</div></div> <div>SALMON SUPREME, with mashed potato, carrots, green beans & peas</div>		<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217447</div> <div><div>V</div><div>GF</div><div>*</div></div> <div>VEGETABLE CURRY, with white rice</div>		
	<div>217448</div> <div><div>V</div></div> <div>LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot</div>		
Wednesday (10)	<div>291015</div> <div><div>GF</div></div> <div>PEA & HAM SOUP</div>		<div>293142</div> <div><div>V</div><div>*</div></div> <div>TREACLE TART, with custard</div>
	<div>218321</div> <div><div></div></div> <div>SAUSAGES IN ONION GRAVY, with mashed potato & baked beans</div>		<div>293926</div> <div><div>V</div><div><15</div></div> <div>SULTANA SPONGE, with custard</div>
	<div>218212</div> <div><div></div><div>GF</div></div> <div>STEAK & MUSHROOM CASSEROLE, with mashed potato, swede, & peas</div>		<div>292127</div> <div><div>V</div><div>GF</div></div> <div>RASPBERRY DESSERT</div>
	<div>218245</div> <div><div>GF</div></div> <div>SHEPHERD'S PIE, with carrots & peas</div>		<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217446</div> <div><div></div><div>V</div><div>GF</div></div> <div>VEGETABLE HOTPOT, with peas</div>		
	<div>217410</div> <div><div></div><div>V</div><div>GF</div></div> <div>OMELETTE, chips & beans</div>		
Thursday (11)	<div>291019</div> <div><div>V</div><div>GF</div></div> <div>TOMATO SOUP</div>		<div>293135</div> <div><div>V</div><div>GF</div></div> <div>JAM SPONGE, with custard</div>
	<div>218208</div> <div><div>GF</div><div>P</div></div> <div>COTTAGE PIE, with carrots, swede & green beans</div>		<div>293906</div> <div><div>V</div><div><15</div></div> <div>BLACKCURRANT PIE, with custard</div>
	<div>218303</div> <div><div></div></div> <div>BREADED FISH, with mashed potato & peas</div>		<div>292148</div> <div><div>V</div></div> <div>STRAWBERRY TRIFLE</div>
	<div>218318</div> <div><div>P</div></div> <div>ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans</div>		<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217445</div> <div><div>V</div></div> <div>VEGETABLE LASAGNE, with carrots & green beans</div>		
	<div>217412</div> <div><div>V</div><div>GF</div></div> <div>CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas</div>		
Friday (12)	<div>291014</div> <div><div>V</div></div> <div>LEEK & POTATO SOUP</div>		<div>293838</div> <div><div>V</div><div>*</div></div> <div>BAKEWELL TART, with custard</div>
	<div>218316</div> <div><div></div><div>GF</div></div> <div>FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans</div>		<div>293959</div> <div><div>V</div><div>P</div><div><15</div><div>*</div></div> <div>RHUBARB CRUMBLE, with custard</div>
	<div>218204</div> <div><div>P</div></div> <div>BEEF LASAGNE, with carrots & peas</div>		<div>292123</div> <div><div>V</div><div>GF</div></div> <div>COFFEE DESSERT</div>
	<div>218242</div> <div><div></div></div> <div>MINTED LAMB & DUMPLING, with mashed potato, mashed carrot & swede</div>		<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217432</div> <div><div>V</div></div> <div>VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy</div>		
	<div>217401</div> <div><div>V</div></div> <div>MACARONI CHEESE, with carrots, sweetcorn & peas</div>		
Saturday (13)	<div>291009</div> <div><div>GF</div></div> <div>CHICKEN SOUP</div>		<div>293858</div> <div><div>V</div></div> <div>BREAD & BUTTER PUDDING, with custard</div>
	<div>218279</div> <div><div>GF</div><div>P</div></div> <div>CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas</div>		<div>293900</div> <div><div>V</div><div><15</div></div> <div>APPLE PIE, with custard</div>
	<div>218209</div> <div><div></div><div>GF</div></div> <div>SAVOURY MINCED BEEF, with mashed potato, carrots & swede</div>		<div>292124</div> <div><div>V</div><div>GF</div><div><15</div></div> <div>CHOCOLATE MOUSSE</div>
	<div>218276</div> <div><div>GF</div><div>*</div></div> <div>LEMON & GINGER CHICKEN, with vegetable rice</div>		<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217442</div> <div><div>V</div><div>*</div></div> <div>CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans</div>		
	<div>217428</div> <div><div>V</div><div>GF</div></div> <div>VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas</div>		
Sunday (14)	<div>291020</div> <div><div>V</div><div>GF</div></div> <div>CHUNKY VEGETABLE SOUP</div>		<div>293133</div> <div><div>V</div></div> <div>PLUM & CHERRY PIE, with custard</div>
	<div>218229</div> <div><div></div><div>GF</div></div> <div>BEEF WITH ROAST POTATOES, with carrots, peas, & gravy</div>		<div>293924</div> <div><div>V</div><div><15</div></div> <div>GOLDEN SYRUP SPONGE, with custard</div>
	<div>218336</div> <div><div>*</div><div>P</div></div> <div>VIENNA STEAK (pork), with mashed potato, sweetcorn & peas</div>		<div>292128</div> <div><div>V</div><div>GF</div><div><15</div></div> <div>APRICOT & PEACH DESSERT</div>
	<div>218273</div> <div><div></div></div> <div>SLICED TURKEY, with roast potatoes, mashed carrot & parsnip, green beans, stuffing & gravy</div>		<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217449</div> <div><div></div><div>V</div></div> <div>CHICKPEA KATSU CURRY, with white rice</div>		
	<div>217407</div> <div><div>V</div><div>GF</div></div> <div>CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots</div>		

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Week 3 (Days 15-21)

WEEKS BEGINNING:

- 20th May
- 17th June
- 15th July
- 12th August
- 9th September
- 7th October
- 4th November
- 2nd December
- 30th December
- 2025:
- 27th January
- 24th February
- 24th March
- 21st April

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Date

Monday (15)	<div>291013</div> <div><div>V</div></div> <div>SCOTCH BROTH SOUP</div>	<div>293841</div> <div><div>V</div><div>GF</div></div> <div>RICE & STEWED APPLE</div>
	<div>218260</div> <div><div></div><div>*</div><div>P</div></div> <div>CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans</div>	<div>293957</div> <div><div>V</div><div><15</div><div>*</div><div>P</div></div> <div>APPLE & BLACKBERRY CRUMBLE, with custard</div>
	<div>218323</div> <div><div>♥</div><div>GF</div></div> <div>LAMB'S LIVER & ONION GRAVY, with mashed potato, carrots & swede</div>	<div>292149</div> <div><div>V</div></div> <div>RASPBERRY TRIFLE</div>
	<div>218306</div> <div><div>♥</div><div>GF</div><div>P</div></div> <div>FISHERMAN'S PIE, with carrots & green beans</div>	<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217412</div> <div><div>V</div><div>GF</div></div> <div>CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas</div>	
	<div>217447</div> <div><div>V</div><div>GF</div><div>*</div></div> <div>VEGETABLE CURRY, with white rice</div>	
Tuesday (16)	<div>291021</div> <div><div>V</div><div>GF</div></div> <div>CREAM OF MUSHROOM SOUP</div>	<div>293119</div> <div><div>V</div><div>GF</div></div> <div>CHOCOLATE & CHERRY BROWNIE, with vanilla sauce</div>
	<div>218209</div> <div><div>♥</div><div>GF</div></div> <div>SAVOURY MINCED BEEF, with mashed potato, carrots & swede</div>	<div>293906</div> <div><div>V</div><div><15</div></div> <div>BLACKCURRANT PIE, with custard</div>
	<div>218264</div> <div><div>♥</div><div>GF</div><div>P</div></div> <div>CHICKEN CURRY, with rice</div>	<div>292123</div> <div><div>V</div><div>GF</div></div> <div>COFFEE DESSERT</div>
	<div>218242</div> <div></div> <div>MINTED LAMB & DUMPLING, with mashed potato, mashed carrot & swede</div>	<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217437</div> <div><div>V</div><div>GF</div></div> <div>MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans</div>	
	<div>217446</div> <div><div>♥</div><div>V</div><div>GF</div></div> <div>VEGETABLE HOTPOT, with peas</div>	
Wednesday (17)	<div>291029</div> <div><div>V</div><div>GF</div></div> <div>LENTIL SOUP</div>	<div>293824</div> <div><div>V</div></div> <div>LEMON SPONGE, with lemon sauce & custard</div>
	<div>218282</div> <div><div>GF</div></div> <div>CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans</div>	<div>293959</div> <div><div>V</div><div><15</div><div>*</div><div>P</div></div> <div>RHUBARB CRUMBLE, with custard</div>
	<div>218286</div> <div><div>GF</div></div> <div>HAM IN PARSLEY SAUCE, with green beans, carrot & swede</div>	<div>292125</div> <div><div>V</div><div>GF</div><div><15</div></div> <div>STRAWBERRY MOUSSE</div>
	<div>218214</div> <div><div>GF</div></div> <div>BRAISED STEAK, with mashed potato & green beans</div>	<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217401</div> <div><div>V</div></div> <div>MACARONI CHEESE, with carrots, sweetcorn & peas</div>	
	<div>217449</div> <div><div>♥</div><div>V</div></div> <div>CHICKPEA KATSU CURRY, with white rice</div>	
Thursday (18)	<div>291015</div> <div><div>GF</div></div> <div>PEA & HAM SOUP</div>	<div>293842</div> <div><div>V</div><div>GF</div><div>*</div><div>P</div></div> <div>WEST COUNTRY CLOTTED CREAM RICE PUDDING</div>
	<div>218329</div> <div></div> <div>SAUSAGE CASSEROLE, with mashed potato & peas</div>	<div>293924</div> <div><div>V</div><div><15</div></div> <div>GOLDEN SYRUP SPONGE, with custard</div>
	<div>218316</div> <div><div>♥</div><div>GF</div></div> <div>FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans</div>	<div>292127</div> <div><div>V</div><div>GF</div></div> <div>RASPBERRY DESSERT</div>
	<div>218279</div> <div><div>GF</div><div>P</div></div> <div>CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas</div>	<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217448</div> <div><div>V</div></div> <div>LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot</div>	
	<div>217437</div> <div><div>V</div><div>GF</div></div> <div>MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans</div>	
Friday (19)	<div>291019</div> <div><div>V</div><div>GF</div></div> <div>TOMATO SOUP</div>	<div>293814</div> <div><div>V</div><div>*</div></div> <div>APRICOT CRUMBLE, with custard</div>
	<div>218303</div> <div><div>♥</div></div> <div>BREADED FISH, with mashed potato & peas</div>	<div>293900</div> <div><div>V</div><div><15</div></div> <div>APPLE PIE, with custard</div>
	<div>218224</div> <div><div>GF</div></div> <div>PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas</div>	<div>292126</div> <div><div>V</div></div> <div>STRAWBERRY CHEESECAKE</div>
	<div>218276</div> <div><div>GF</div><div>*</div></div> <div>LEMON & GINGER CHICKEN, with vegetable rice</div>	<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217442</div> <div><div>V</div><div>*</div></div> <div>CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans</div>	
	<div>217407</div> <div><div>V</div><div>GF</div></div> <div>CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots</div>	
Saturday (20)	<div>291014</div> <div><div>V</div></div> <div>LEEK & POTATO SOUP</div>	<div>293141</div> <div><div>V</div><div>GF</div></div> <div>BLACKCURRANT SPONGE, with custard</div>
	<div>218204</div> <div><div>P</div></div> <div>BEEF LASAGNE, with carrots & peas</div>	<div>293958</div> <div><div>V</div><div><15</div><div>*</div></div> <div>APPLE CRUMBLE, with custard</div>
	<div>218354</div> <div><div>♥</div><div>GF</div></div> <div>SWEET & SOUR CHICKEN, with rice, red pepper & peas</div>	<div>292128</div> <div><div>V</div><div>GF</div><div><15</div></div> <div>APRICOT & PEACH DESSERT</div>
	<div>218336</div> <div><div>*</div><div>P</div></div> <div>VIENNA STEAK (pork), with mashed potato, sweetcorn & peas</div>	<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217410</div> <div><div>♥</div><div>V</div><div>GF</div></div> <div>OMELETTE, chips & beans</div>	
	<div>217432</div> <div><div>V</div></div> <div>VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy</div>	
Sunday (21)	<div>291009</div> <div><div>GF</div></div> <div>CHICKEN SOUP</div>	<div>293866</div> <div><div>V</div><div>*</div></div> <div>STICKY TOFFEE PUDDING, with custard</div>
	<div>218255</div> <div><div>♥</div><div>P</div></div> <div>CHICKEN BREAST, with roast potatoes, carrot, cauliflower, sprouts, peas, stuffing & gravy</div>	<div>293928</div> <div><div>V</div><div><15</div></div> <div>JAM ROLY POLY, with raspberry sauce & custard</div>
	<div>218240</div> <div><div>GF</div></div> <div>LANCASHIRE HOTPOT, with carrots & swede</div>	<div>292148</div> <div><div>V</div></div> <div>STRAWBERRY TRIFLE</div>
	<div>218318</div> <div><div>P</div></div> <div>ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans</div>	<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217428</div> <div><div>V</div><div>GF</div></div> <div>VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas</div>	
	<div>217445</div> <div><div>V</div></div> <div>VEGETABLE LASAGNE, with carrots & green beans</div>	

Always contact the office (see back cover) to cancel or change your meal choices and/or days. Please do not use the menu to indicate a cancellation or change to a delivery.

Week 4 (Days 22-28)

WEEKS BEGINNING:

- 27th May
- 24th June
- 22nd July
- 19th August
- 16th September
- 14th October
- 11th November
- 9th December
- 2025:
- 6th January
- 3rd February
- 3rd March
- 31st March
- 28th April

FOR OFFICE USE ONLY

ID: TEMP

Menu inputted on SMARTT

Date

Monday (22)	<div>291020</div> <div><div>V</div><div>GF</div></div> <div>CHUNKY VEGETABLE SOUP</div>		<div>293136</div> <div><div>V</div><div>GF</div></div> <div>RICE PUDDING & APRICOT</div>
	<div>218211</div> <div><div></div><div>*</div><div>P</div></div> <div>STEAK & KIDNEY PIE, with mashed potato, carrots & swede</div>		<div>293900</div> <div><div>V</div><div><15</div></div> <div>APPLE PIE, with custard</div>
	<div>218264</div> <div><div></div><div>GF</div><div>P</div></div> <div>CHICKEN CURRY, with rice</div>		<div>292122</div> <div><div>V</div></div> <div>BLACKCURRANT CHEESECAKE</div>
	<div>218317</div> <div><div></div><div>GF</div></div> <div>FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans</div>		<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217407</div> <div><div>V</div><div>GF</div></div> <div>CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots</div>		
	<div>217410</div> <div><div></div><div>V</div><div>GF</div></div> <div>OMELETTE, chips & beans</div>		
Tuesday (23)	<div>291013</div> <div><div>V</div></div> <div>SCOTCH BROTH SOUP</div>		<div>293825</div> <div><div>V</div></div> <div>GINGER SPONGE, with custard</div>
	<div>218278</div> <div><div></div><div>GF</div></div> <div>CHICKEN & BACON HOTPOT, with cauliflower, carrots & peas</div>		<div>293959</div> <div><div>V</div><div><15</div><div>*</div><div>P</div></div> <div>RHUBARB CRUMBLE, with custard</div>
	<div>218320</div> <div><div></div></div> <div>FISHCAKES, with diced fried potatoes & peas</div>		<div>292125</div> <div><div>V</div><div>GF</div><div><15</div></div> <div>STRAWBERRY MOUSSE</div>
	<div>218273</div> <div></div> <div>SLICED TURKEY, with roast potatoes, mashed carrot & parsnip, green beans, stuffing & gravy</div>		<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217447</div> <div><div>V</div><div>GF</div><div>*</div></div> <div>VEGETABLE CURRY, with white rice</div>		
	<div>217428</div> <div><div>V</div><div>GF</div></div> <div>VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas</div>		
Wednesday (24)	<div>291021</div> <div><div>V</div><div>GF</div></div> <div>CREAM OF MUSHROOM SOUP</div>		<div>293142</div> <div><div>V</div><div>*</div></div> <div>TREACLE TART, with custard</div>
	<div>218321</div> <div></div> <div>SAUSAGES IN ONION GRAVY, with mashed potato & baked beans</div>		<div>293928</div> <div><div>V</div><div><15</div></div> <div>JAM ROLY POLY, with raspberry sauce & custard</div>
	<div>218306</div> <div><div></div><div>GF</div><div>P</div></div> <div>FISHERMAN'S PIE, with carrots & green beans</div>		<div>292149</div> <div><div>V</div></div> <div>RASPBERRY TRIFLE</div>
	<div>218246</div> <div><div></div><div>GF</div></div> <div>LAMB & POTATO CURRY, with white rice & coriander</div>		<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217446</div> <div><div></div><div>V</div><div>GF</div></div> <div>VEGETABLE HOTPOT, with peas</div>		
	<div>217412</div> <div><div>V</div><div>GF</div></div> <div>CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas</div>		
Thursday (25)	<div>291029</div> <div><div>V</div><div>GF</div></div> <div>LENTIL SOUP</div>		<div>293135</div> <div><div>V</div><div>GF</div></div> <div>JAM SPONGE, with custard</div>
	<div>218208</div> <div><div></div><div>GF</div><div>P</div></div> <div>COTTAGE PIE, with carrots, swede & green beans</div>		<div>293957</div> <div><div>V</div><div>P</div><div><15</div><div>*</div></div> <div>APPLE & BLACKBERRY CRUMBLE, with custard</div>
	<div>218323</div> <div><div></div><div>GF</div></div> <div>LAMB'S LIVER & ONION GRAVY, with mashed potato, carrots & swede</div>		<div>292124</div> <div><div>V</div><div>GF</div><div><15</div></div> <div>CHOCOLATE MOUSSE</div>
	<div>218276</div> <div><div></div><div>GF</div><div>*</div></div> <div>LEMON & GINGER CHICKEN, with vegetable rice</div>		<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217445</div> <div><div>V</div></div> <div>VEGETABLE LASAGNE, with carrots & green beans</div>		
	<div>217437</div> <div><div>V</div><div>GF</div></div> <div>MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans</div>		
Friday (26)	<div>291015</div> <div><div></div><div>GF</div></div> <div>PEA & HAM SOUP</div>		<div>293838</div> <div><div>V</div><div>*</div></div> <div>BAKEWELL TART, with custard</div>
	<div>218316</div> <div><div></div><div>GF</div></div> <div>FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans</div>		<div>293926</div> <div><div>V</div><div><15</div></div> <div>SULTANA SPONGE, with custard</div>
	<div>218354</div> <div><div></div><div>GF</div></div> <div>SWEET & SOUR CHICKEN, with rice, red pepper & peas</div>		<div>292127</div> <div><div>V</div><div>GF</div></div> <div>RASPBERRY DESSERT</div>
	<div>218336</div> <div><div></div><div>*</div><div>P</div></div> <div>VIENNA STEAK (pork), with mashed potato, sweetcorn & peas</div>		<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217432</div> <div><div>V</div></div> <div>VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy</div>		
	<div>217401</div> <div><div>V</div></div> <div>MACARONI CHEESE, with carrots, sweetcorn & peas</div>		
Saturday (27)	<div>291019</div> <div><div>V</div><div>GF</div></div> <div>TOMATO SOUP</div>		<div>293858</div> <div><div>V</div></div> <div>BREAD & BUTTER PUDDING, with custard</div>
	<div>218279</div> <div><div></div><div>GF</div><div>P</div></div> <div>CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas</div>		<div>293936</div> <div><div>V</div><div>GF</div><div><15</div></div> <div>STEWED APPLE, with custard</div>
	<div>218224</div> <div><div></div><div>GF</div></div> <div>PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas</div>		<div>292123</div> <div><div>V</div><div>GF</div></div> <div>COFFEE DESSERT</div>
	<div>218212</div> <div><div></div><div>GF</div></div> <div>STEAK & MUSHROOM CASSEROLE, with mashed potato, swede, & peas</div>		<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217442</div> <div><div>V</div><div>*</div></div> <div>CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans</div>		
	<div>217449</div> <div><div></div><div>V</div></div> <div>CHICKPEA KATSU CURRY, with white rice</div>		
Sunday (28)	<div>291014</div> <div><div>V</div></div> <div>LEEK & POTATO SOUP</div>		<div>293133</div> <div><div>V</div></div> <div>PLUM & CHERRY PIE, with custard</div>
	<div>218229</div> <div><div></div><div>GF</div></div> <div>BEEF WITH ROAST POTATOES, with carrots, peas, & gravy</div>		<div>293958</div> <div><div>V</div><div><15</div><div>*</div></div> <div>APPLE CRUMBLE, with custard</div>
	<div>218322</div> <div></div> <div>CUMBERLAND SAUSAGES, with mashed potato, carrots & swede</div>		<div>292126</div> <div><div>V</div></div> <div>STRAWBERRY CHEESECAKE</div>
	<div>218242</div> <div></div> <div>MINTED LAMB & DUMPLING, with mashed potato, mashed carrot & swede</div>		<div>FP</div> <div><div>V</div><div>GF</div></div> <div>FRUIT POT</div>
	<div>217428</div> <div><div>V</div><div>GF</div></div> <div>VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas</div>		
	<div>217448</div> <div><div>V</div></div> <div>LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot</div>		




"I'm so impressed, especially with the drivers. They are always so friendly and cheerful. You have helped my mum remain in her home for longer."

Client's relative

Contacting us?

Our sites are open from 8am 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.



"The meals are lovely and always hot. Very convenient and delivered by nice, caring people."

HILS client

To get in touch, please call
0330 2000 103 or email
hampshire@hils-uk.org