



**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: [hertsmeals@hils-uk.org](mailto:hertsmeals@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:** Choose one main meal and one dessert for each day of your service for all four weeks. 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 or return it by post or email.

**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 11.30am 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 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. We also work closely with partner organisations such as Hertfordshire County Council, Age UK Hertfordshire, and HertsHelp to ensure our clients are safe and well.

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)

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)

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)

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)

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)

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)

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)

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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Date











### WEEKS BEGINNING:










## 4th November






**21st April**











218260	 	CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans
218323	 	LAMB'S LIVER & ONION GRAVY, with mashed potato, carrots & swede
218306	  	FISHERMAN'S PIE, with carrots & green beans
217412	 	CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas
217447	  	VEGETABLE CURRY, with white rice








293841	 	RICE & STEWED APPLE
293957	   	APPLE & BLACKBERRY CRUMBLE, with custard
292149		RASPBERRY TRIFLE
FP	 	FRUIT POT





218209	 	SAVOURY MINCED BEEF, with mashed potato, carrots & swede
218264	  	CHICKEN CURRY, with rice
218242		MINTED LAMB & DUMPLING, with mashed potato, mashed carrot & swede
217437	 	MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans
217446	  	VEGETABLE HOTPOT, with peas









293119	 	<b>CHOCOLATE &amp; CHERRY BROWNIE</b> , with vanilla sauce
293906	  	<b>BLACKCURRANT PIE</b> , with custard
292123	 	<b>COFFEE DESSERT</b>
FP	 	<b>FRUIT POT</b>








218282		CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans
218286		HAM IN PARSLEY SAUCE, with green beans, carrot & swede
218214		BRAISED STEAK, with mashed potato & green beans
217401		MACARONI CHEESE, with carrots, sweetcorn & peas
217449		CHICKPEA KATSU CURRY, with white rice










293824		LEMON SPONGE, with lemon sauce & custard
293959	   	RHUBARB CRUMBLE, with custard
292125	  	STRAWBERRY MOUSSE
FP	 	FRUIT POT







218329		SAUSAGE CASSEROLE, with mashed potato & peas
218316	 	FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans
218279	 	CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas
217448		LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot
217437	 	MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans








293842		WEST COUNTRY CLOTTED CREAM RICE PUDDING
293924		GOLDEN SYRUP SPONGE, with custard
292127		RASPBERRY DESSERT
FP		FRUIT POT








218303		BREADED FISH, with mashed potato & peas
218224		PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas
218276	 	LEMON & GINGER CHICKEN, with vegetable rice
217442	 	CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans
217407	 	CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots

293814	 	APRICOT CRUMBLE, with custard
293900	 	APPLE PIE, with custard
292126		STRAWBERRY CHEESECAKE
FP	 	FRUIT POT

218204		BEEF LASAGNE, with carrots & peas
218354	 	SWEET & SOUR CHICKEN, with rice, red pepper & peas
218336	 	VIENNA STEAK (pork), with mashed potato, sweetcorn & peas
217410	  	OMELETTE, chips & beans
217432		VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy

293141		<b>BLACKCURRANT SPONGE, with custard</b>
293958	 	<b>APPLE CRUMBLE, with custard</b>
292128	 	<b>APRICOT &amp; PEACH DESSERT</b>
FP		<b>FRUIT POT</b>

218255	 	CHICKEN BREAST, with roast potatoes, carrot, cauliflower, sprouts, peas, stuffing & gravy
218240		LANCASHIRE HOTPOT, with carrots & swede
218318		ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans
217428	 	VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas
217445		VEGETABLE LASAGNE, with carrots & green beans

293866	 	STICKY TOFFEE PUDDING, with custard
293928	 	JAM ROLY POLY, with raspberry sauce & custard
292148		STRAWBERRY TRIFLE
FP	 	FRUIT POT

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# 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

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Menu inputted on SMARTT

Date

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

# HILS Breakfast and Tea Service

## We also offer a range of nutritious breakfast and tea meals.

These meals are delivered at the same time as your hot main meal and dessert. The tea meal will be placed in your fridge for eating later in the day, and your breakfast for eating the next morning. If you would like more information about these services, or to request a breakfast and tea menu, please contact us.

**Breakfast** – from porridge to croissants, we have a range of breakfast options to suit you, each served with a breakfast snack and drink of your choice.

**Tea** – we offer a tempting range of sandwiches, or a cream tea if you prefer, accompanied by a dessert of your choice and a sweet or savoury snack.

A great way to start the day



Enjoy an evening snack



## Contacting us?

All of our sites are open from 8am 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.

### Hemel Hempstead

17 Hammer Lane  
Adeyfield  
Hemel Hempstead  
HP2 4EU

Tel: 01442 243 352

### Hertford

Unit 2  
Mead Lane Industrial Estate  
Merchant Drive  
Hertford  
SG13 7BH

Tel: 01920 333 030

### Letchworth

Unit 16  
Green Lane One  
Blackhorse Road  
Letchworth  
SG6 1HB

Tel: 01462 678 423

### St Albans

Jubilee Centre  
Catherine Street  
St Albans  
AL3 5BU

Tel: 01727 847 264



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