

Main Menu

Monday 6th May 2024 to Sunday 4th May 2025



Please complete:

Name

Address

To get in touch with us please call 0330 2000 103 or email: westsussex@hils-uk.org

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

Date completed

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.

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 \circledast 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.

Menu codes

Simple menu codes to the left of all meals will help you select suitable options for your dietary needs.



(GF)

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.

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 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 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.

6th May

Weeks BEGINNING:

3rd June 1st July 29th July 26th August 23rd September 21st October

FOR OFFICE USE ONLY

Menu inputted on SMARTT

	enu to indi	cate	6th May	3rd Jun	ie 1st	July	29th July	26th A	ugust	23rd Se	eptember		21st Octo	ber	Date
	ellation or e to a deliv		18th Nove	mber	16th Decem	ber	2025: 1	3th January	10th Fe	ebruary	10th Mar	rch	7th Apr	il	Dute
	291029	VGF	LENTIL S	OUP											
(1)	218260	*		& MUSH	ROOM PIE, v	with ma	ashed potat	o, carrots & g	green be	eans	29	93841	VGF	RICE & S	TEWED APPLE
Monday (1)	218232	0	MEATBAI	LLS & MU	SHY PEAS, v	vith chi	ps & onion	gravy			29	93906	V <15	BLACKC with cus	URRANT PIE,
ond	218302	œ						s, green bear	•		2	92128	V GF <15	APRICO	T & PEACH
Μ	217412	Vœ		CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas								DESSER			
	217432	V	VEGETAR	IAN SAUS	SAGE & MAS	H, with	carrots, sw	ede & onion	gravy		FI	P	VGF		
	291015	œ	PEA & HA	AM SOUP											
(2)	218209	O @	SAVOUR	SAVOURY MINCED BEEF, with mashed potato, carrots & swede							29	93119	VGF		TE & CHERRY , with vanilla sauce
lay	218286	œ	HAM IN F	HAM IN PARSLEY SAUCE, with green beans, carrot & swede						2	93926	V <15	SULTAN with cus	A SPONGE,	
uesday	218245	œ	SHEPHER	RD'S PIE, v	vith carrots	& peas						92148			BERRY TRIFLE
Tu	217437	Vœ	MUSHRO	OM, LEEK	& WEST COU	NTRY CI	HEDDAR BAH	(E, with red ca	bbage &	green bea	ins	92 140	-	FRUIT P	OT
	217449	00	CHICKPE	A KATSU	CURRY, with	n white	rice				F	P	VGF	FRUITP	01
(291019	VGF	TOMATO	SOUP											
y (3)	218282	œ	CHICKEN	& VEGETAE	BLE CASSERO	LE, with	mashed pot	atoes, carrots &	k green b	eans	29	93824	V		SPONGE, with auce & custard
sday	218318	(ALL DAY	BREAKFA	ST, bacon, s	ausage	, omelette,	hash browns	& bake	d beans	29	93958	V <15 🛠	APPLE C	RUMBLE,
Wednesday	218320	0	FISHCAK	ES, with d	iced fried p	otatoes	s & peas							with cus	DESSERT
Ned	217401	V	MACARO	NI CHEES	E, with carr	ots, sw	eetcorn & p	eas				92123	VGF		01
	217428	Vœ	VEGETAR	VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas					as ^{FI}	FP	VGF	FRUIT P	01		
	291014	V	LEEK & P	OTATO SO	OUP										
(4)	218329		SAUSAGE	CASSER	OLE, with m	ashed p	ootato & pe	as			2	93842	Vœp		OUNTRY CLOTTED
Thursday (4)	218211	*	D STEAK &	KIDNEY P	lE, with ma	shed po	otato, carro	ts & swede				93928	V <15	JAM ROL	Y POLY, with
ırsa	218264	O @ (CURRY, V	with rice										y sauce & custard URRANT
Τhι	217448	V	LENTIL &	VEGETAE	BLE PIE, with	n courge	ette, butter	nut squash 8	carrot		2	92122	V	CHEESE	CAKE
	217446	OV GF	VEGETAB	LE HOTP	OT, with pea	as					F	P	V GF	FRUIT P	01
	291009	GF	CHICKEN	SOUP											
()	218303	0	BREADED) FISH, wi	ا th mashed	potato	& peas				25	93814	V 🛞	APRICO with cus	T CRUMBLE,
Friday (5)	218214	œ	BRAISED	STEAK, w	ith mashed	potato	& green be	ans			29	93924	V <15	GOLDEN	I SYRUP
rida	218246	œ	LAMB & F	ΡΟΤΑΤΟ (CURRY, with	white	rice & coria	nder							, with custard RRY TRIFLE
Ē	217442	V 😣	CHEESE 8	& ONION	PIE, with sw	eet pot	tato, potato	& carrot ma	sh & gre	en beans	2	92149	v		
	217445	V	VEGETAB	LE LASAG	NE, with ca	rrots &	green bear	าร			F	P	VGF	FRUIT P	01
	291020	VGF	CHUNKY	VEGETAB	LE SOUP										
(9)	218204	(BEEF LAS	AGNE, wi	th carrots 8	k peas					29	93141	VGF		URRANT , with custard
lay	218354	O @F	SWEET &	SOUR CH	IICKEN, with	n rice, re	ed pepper &	k peas			29	93957	V <15 * P	APPLE &	BLACKBERRY LE, with custard
Saturday (6)	218317	œ	FISH IN P	ARSLEY SA	UCE, with m	ashed p	potato, carro	ots, swede & g	reen bea	ans			0	STRAWE	
Sat	217410	OV GF	OMELETT	۲E, chips 8	& beans						2	92126		CHEESE	
	217447	Vœ	VEGETAB	LE CURR	r, with white	e rice					FI	P	VGF	FRUIT P	01
	291013	V	SCOTCH	BROTH S	OUP										
2	218255	0		BREAST, w	ith roast pota	atoes, ca	arrot, caulific	wer, sprouts,	peas, stu	ffing & gra	vy 2	93866	V 🛞	STICKY T	OFFEE G, with custard
J) (1	218323	O GF	LAMB'S L	IVER & O	NION GRAV	Y, with	mashed po	tato, carrots	& swede	9	29	93900	V (15		IE, with custard
Sunday (7)	218224	GF	PORK IN	GRAVY, w	vith roast po	otatoes	, mashed p	otatoes, carro	ots & pea	as				СНОСО	LATE MOUSSE
Su	217428	VGF	VEGETAR		AGE PIE, with	n Quorn	mince, mas	hed potato, ca	arrots, sv	wede & pe		92124	V GF <5		
	217437	VGF	MUSHRO	OM, LEEK a	& WEST COU	NTRY CH	HEDDAR BAK	E, with red cab	bage & g	green bean	IS FI	Р	V GF	FRUIT P	

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 change to a delive

FOR OFFICE USE ONLY Week 2 (Days 8-14) ID: TEMP **WEEKS BEGINNING:** 13th May 10th June 8th July 5th August 2nd September 30th September 28th October Date 23rd December 2025: 20th January 17th February 17th March 14th April 25th November

Menu inputted on SMARTT

FRUIT POT

FP

VGF

ange	to a deliv	/ery.	2025. Zoth January 17th residency 17		Ittell	
	291021	Vœ	CREAM OF MUSHROOM SOUP]		
(2)	218211	* P	STEAK & KIDNEY PIE, with mashed potato, carrots & swede	293136	Vœ	RICE PUDDING & APRICOT
	218240	œ	LANCASHIRE HOTPOT, with carrots & swede		V GF 🕫	STEWED APPLE,
Monday	218320	0	FISHCAKES, with diced fried potatoes & peas	293930	U	with custard
0 M	217407	VGF	CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots	292125	V GF 🖘	STRAWBERRY MOUSSE
	217449	$\bigcirc \bigcirc$	CHICKPEA KATSU CURRY, with white rice	FP	Vœ	FRUIT POT
	291029			1		
	291029	C GF]		GINGER SPONGE,
(۲) (۲)	218232		CHICKEN & BACON HOTPOT, with cauliflower, carrots & peas MEATBALLS & MUSHY PEAS, with chips & onion gravy	293825	V	with custard
luesday	218302	• F			V 🔄	JAM ROLY POLY, with raspberry sauce & custard
nes	217447		SALMON SUPREME, with mashed potato, carrots, green beans & peas		V	BLACKCURRANT CHEESECAKE
			VEGETABLE CURRY, with white rice]] FP	VGF	FRUIT POT
	217448	V	LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot]		
()	291015	œ	PEA & HAM SOUP]		
(01)	218321		SAUSAGES IN ONION GRAVY, with mashed potato & baked beans	293142	V 😵	TREACLE TART, with custard
a a)	218212	O GF	STEAK & MUSHROOM CASSEROLE, with mashed potato, swede, & peas	293926	V <15	SULTANA SPONGE,
weanesaay	218245	œ	SHEPHERD'S PIE, with carrots & peas]		with custard RASPBERRY
(eq	217446	V	VEGETABLE HOTPOT, with peas	292127	VGF	DESSERT
\$	217410	V	OMELETTE, chips & beans	FP	VGF	FRUIT POT
	291019	VGF]		
Ê	218208	GF P	COTTAGE PIE, with carrots, swede & green beans	_]		JAM SPONGE,
Š	218303	0	BREADED FISH, with mashed potato & peas] 255155		with custard BLACKCURRANT PIE,
inursaay (TT)	218318	P	ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans	293906	V <15	with custard
	217445	V	VEGETABLE LASAGNE, with carrots & green beans	292148	V	STRAWBERRY TRIFLE
	217412	VGF	CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas] FP	VGF	FRUIT POT
				י ר		
	291014 218316	v	LEEK & POTATO SOUP]	_	BAKEWELL TART,
		•	FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans	293838	V 😵	with custard
ay	218204	P	BEEF LASAGNE, with carrots & peas		V P 🕫 💥	RHUBARB CRUMBLE, with custard
rriday (12)	218242		MINTED LAMB & DUMPLING, with mashed potato, mashed carrot & swede		Vœ	COFFEE DESSERT
L	217432	V	VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy			FRUIT POT
	217401	V	MACARONI CHEESE, with carrots, sweetcorn & peas	FP	VGF	
	291009	GF	CHICKEN SOUP]		
2	218279	GF P	CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas	293858	V	BREAD & BUTTER PUDDING, with custard
ay	218209	• •	SAVOURY MINCED BEEF, with mashed potato, carrots & swede	293900	V 🐴	APPLE PIE, with custard
2	218276	€F 🏵	LEMON & GINGER CHICKEN, with vegetable rice]		
saturday (15)	217442	V *	CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans	292124	V GF 🚳	
	217428	V GF	VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas] FP	V GF	FRUIT POT
	291020	VGF	CHUNKY VEGETABLE SOUP]		
÷	218229	• • •	BEEF WITH ROAST POTATOES, with carrots, peas, & gravy	293133	V	PLUM & CHERRY PIE,
(4) (14)	218336	* P	VIENNA STEAK (pork), with mashed potato, sweetcorn & peas]		with custard GOLDEN SYRUP
ua y	218273		SLICED TURKEY, with roast potatoes, mashed carrot & parsnip, green beans, stuffing & gravy	293924	V <15	SPONGE, with custard
	217449	00	CHICKPEA KATSU CURRY, with white rice	292128	V GF 🔩	APRICOT & PEACH DESSERT

Sun

217407

VGF

CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots

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 3 (Days 15-21) WEEKS BEGINNING:

FOR OFFICE USE ONLY ID: TEMP

Menu inputted on SMARTT

	do not us nu to ind		20th May 1	7th June 15th Jul	y 12t	h August 9t	h September	7th Octo	ober 4t	h Noveml	ber	on SMARTT
a cance	ellation or		2nd December	30th December	2025:	27th January	24th Februar	w 24th	n March	21st A	oril	Date
change	e to a deliv	very.	Zild December	Sour December	2025.	27 th January	24011001001	y 240	rimaren	2130 A	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
	291013	V	SCOTCH BRO	TH SOUP								
15)	218260	*•	CHICKEN & M	USHROOM PIE, with	mashed p	ootato, carrots	& green beans		293841	V GF	RICE & S	TEWED APPLE
Monday (15)	218323	O GF	LAMB'S LIVER	& ONION GRAVY, wi	th mashe	d potato, carro	ots & swede		293957	V <15 * P	APPLE &	BLACKBERRY
nda	218306	🔘 🕼 🕻	FISHERMAN'S	PIE, with carrots & g	reen bear	ns			200007			E, with custard
ΝοΙ	217412	VGF	CHEESY VEGE	TABLE BAKE, with sau	ute potato	oes, carrots, sv	vede & peas		292149	V	INASE DEF	
	217447	V GF 🙁	VEGETABLE C	URRY, with white rice	•				FP	VGF	FRUIT PO	т
	204024											
((291021			JSHROOM SOUP								ATE & CHERRY
Tuesday (16)	218209	• GF		NCED BEEF, with mas	ned potal	to, carrots & sv	vede		293119	V GF		with vanilla sauce
lay	218264	🗢 📴 🕻		·					293906	V 🔩	BLACKCL with cust	JRRANT PIE, tard
esc	218242			3 & DUMPLING, with I	•				292123	VGF	COFFEE I	DESSERT
Tu	217437	VGF	MUSHROOM, L	EEK & WEST COUNTRY	CHEDDAR	R BAKE, with red	cabbage & green	beans		_	FRUIT PO	
	217446	GVGF	VEGETABLE H	OTPOT, with peas					FP	V GF	FROMPO	
<u> </u>	291029	VGF	LENTIL SOUP									
(17	218282	GF	CHICKEN & VEG	ETABLE CASSEROLE, wi	th mashed	d potatoes, carro	ts & green beans		293824	V		SPONGE, with
Wednesday (17)	218286	GF	HAM IN PARS	LEY SAUCE, with gree	n beans,	carrot & swed	e					B CRUMBLE,
eso	218214	GF	BRAISED STEA	K, with mashed pota	to & gree	en beans			293959	V <15 * P	with cust	tard
upa	217401	V	MACARONI CI	HEESE, with carrots, s	weetcorr	n & peas			292125	V @F <15	STRAWB	ERRY MOUSSE
We	217449	00		TSU CURRY, with whi		•			FP	V GF	FRUIT PO	т
()	291015	œ	PEA & HAM SO									
(18	218329			SEROLE, with mashe	•	•			293842	V GF 🏵 P		UNTRY CLOTTED
lay	218316	O GF	FISH IN BUTTE	R SAUCE, with fried di	ced potato	oes, carrots & R	omano beans		293924	V <15	GOLDEN	SYRUP , with custard
hursday (18)	218279	GF 🗗	CHICKEN BREA	AST, CHEESE & BACON,	with boile	ed potatoes, gre	en beans & peas	;		V GF		RRY DESSERT
Thu	217448	V	LENTIL & VEG	ETABLE PIE, with cou	rgette, bı	utternut squas	h & carrot		292127		FRUIT PO	
	217437	VGF	MUSHROOM, L	EEK & WEST COUNTRY	CHEDDAR	R BAKE, with red	cabbage & green	beans	FP	V GF)	FRUIT PO	
	291019	Vœ	TOMATO SOU	IP								
((218303	0		l, with mashed potat	o & peas				293814	v 🙁		CRUMBLE,
5L)	218224	GF	PORK IN GRA	VY, with roast potato	es, mash	ed potatoes, ca	arrots & peas				With cust	E, with custard
lay	218276	G ₽ ★	LEMON & GIN	IGER CHICKEN, with v	vegetable	rice			293900	V <15		·
Friday (19)	217442	v *		ON PIE, with sweet pota			& green beans		292126	V	STRAWB CHEESEC	ERRY AKE
	217407	Vœ	CAULIFLOWE	R & BROCCOLI BAKE,	with dice	d fried potatoe	es & carrots		FP	V GF	FRUIT PO	т
()	291014	V	LEEK & POTAT									
(20	218204	e		E, with carrots & pea					293141	V GF	BLACKCU SPONGE	, with custard
lay	218354	O GF	SWEET & SOU	R CHICKEN, with rice	, red pep	per & peas			293958	V 🔩 😽	APPLE CI with cust	
Saturday (20)	218336	*•	VIENNA STEAI	K (pork), with mashe	d potato,	sweetcorn & p	eas		292128	V GF <15	APRICOT	& PEACH
Sat	217410	OV GF	OMELETTE, ch	nips & beans					292120	_	DESSERT	
	217432	V	VEGETARIAN	SAUSAGE & MASH, w	ith carrot	s, swede & oni	on gravy		FP	V GF		
	291009	GF	CHICKEN SOU	IP								
(218255	0	CHICKEN BREA	ST, with roast potatoes	carrot, ca	uliflower, sprou	ts, peas, stuffing &	& gravy	293866	V 🛞	STICKY T	OFFEE
(21	218240	œ	LANCASHIRE	HOTPOT, with carrot	s & swede	e						G, with custard (POLY, with
day	218318	e	ALL DAY BREA	KFAST, bacon, sausage	e, omelett	e, hash browns	& baked beans		293928	V <15	raspberry	/ sauce & custard
Sunday (21)	217428	VGF		OTTAGE PIE, with Quo				peas	292148	V	STRAWB	ERRY TRIFLE
S	217445	V		ASAGNE, with carrots		•		•	FP	V GF	FRUIT PO	T
				,								

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.

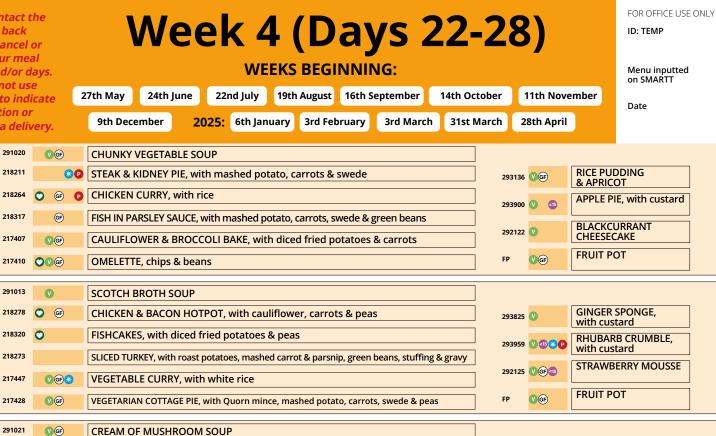
Monday (22)

Tuesday (23)

Wednesday (24)

Thursday (25)

Saturday (27)



			1			
218321		SAUSAGES IN ONION GRAVY, with mashed potato & baked beans	293142	v 😵	TREACLE TART, with custard	
218306	🔘 GF P	FISHERMAN'S PIE, with carrots & green beans	293928	V <15	JAM ROLY POLY, with raspberry sauce & custard	
218246	Œ	LAMB & POTATO CURRY, with white rice & coriander]		RASPBERRY TRIFLE	
217446	OV GF	VEGETABLE HOTPOT, with peas	292149	V		
217412	V GF	CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas	FP	VGF	FRUIT POT	

			1		
291029	Vœ	LENTIL SOUP			
218208	GF P	COTTAGE PIE, with carrots, swede & green beans	293135	Vœ	JAM SPONGE, with custard
218323	O GF	LAMB'S LIVER & ONION GRAVY, with mashed potato, carrots & swede	293957	V P <5 %	APPLE & BLACKBERRY CRUMBLE, with custard
218276	G₽ ★	LEMON & GINGER CHICKEN, with vegetable rice			
			292124	V GF <15	CHOCOLATE MOUSSE
217445	V	VEGETABLE LASAGNE, with carrots & green beans			
217437	V GF	MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans	FP	Vœ	FRUIT POT

291015		GF	PEA & HAM SOUP			
218316	0	œ	FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans	293838	v *	BAKEWELL TART, with custard
218354	0	œ	SWEET & SOUR CHICKEN, with rice, red pepper & peas	293926	V <15	SULTANA SPONGE, with custard
218336		* P	VIENNA STEAK (pork), with mashed potato, sweetcorn & peas	292127		RASPBERRY DESSERT
217432	V		VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy	292127	GF	
217401	V		MACARONI CHEESE, with carrots, sweetcorn & peas	FP	VGF	FRUIT POT

291019	VGF		TOMATO SOUP			
218279	œ	0	CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas	293858	V	BREAD & BUTTER PUDDING, with custard
218224	œ		PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas	293936	V GF<15	STEWED APPLE, with custard
218212	O GF		STEAK & MUSHROOM CASSEROLE, with mashed potato, swede, & peas]		COFFEE DESSERT
217442	V 🖲		CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans	292123	V (GF)	
217449	00		CHICKPEA KATSU CURRY, with white rice	FP	V GF	FRUIT POT
				-		
291014	V		LEEK & POTATO SOUP			

"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?

2

Our sites are open from 8.30am 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 westsussex@hils-uk.org