



# Tea Menu

## Thank you for choosing our tea 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 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.

You can make changes to your menu choices at any time, however same day changes or cancellations must be made before 9:30am. Our Nutrition & Wellbeing Team has created some simple coding to make it easier for you to choose options to suit you.

See our website [www.hils-uk.org](http://www.hils-uk.org) for up to date prices.

**Step 1:** Select your tea choices each day.

**Step 2:** Give your completed menu to your meals on wheels delivery driver or return via 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 menu.*

## 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 occasion we may need to offer a substitution to your preferred choice, but we will always ensure that the tea items delivered are suitable for you.

#### Diabetes

All of our 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 tea products are unsuitable.

If you are unsure about whether our tea options are suitable, or would like more information about our menus, please contact us.

### Menu Codes

- GF** 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).
- V** Vegetarian
- Ve** Vegan

*While every care has been taken to ensure the product information we have supplied is correct at the time of printing, our food products are frequently reformulated by our suppliers, so nutrition content and allergens may change. You should always read the product label of the items delivered to you and not rely solely on this menu. Allergens are shown in bold within the ingredients list on the product label. We will ensure that any product we deliver to you satisfies any dietary requirements you have told us about. in advance.*

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



Code	SECTION 1 - MAIN		Mon	Tue	Wed	Thur	Fri	Sat	Sun
CT/SS	Cream Tea (Scone, Jam & Clotted Cream)	V *							
921	Cheesly 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								

...now choose which snacks you would like:

Code	SECTION 3 - SNACKS		Mon	Tue	Wed	Thur	Fri	Sat	Sun
01516	Crisps - various flavours	V							
19333	Milk chocolate chip cookie	V *							
20028	Mini pack of biscuits - various types	V *							
293017	Double chocolate chip muffin	V *							
37244	Blueberry mini muffin	V							
N/SNCK	No snack required								

**PLEASE NOTE:** Once you start this service you can make changes to your current menu choices. Same day cancellations and changes must be made before 9:30am.

All selections are subject to availability. An alternative may have to be delivered on occasion.

Information correct at time of publication April 2024