



**Health & Independent
Living Support**

**Support
at Home**

Main Menu

Keeping
you happy,
healthy and
independent



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.









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


Week 1 (Days 1-7)

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	









293135	V GF	JAM SPONGE, with custard	
293926	V ¹⁶	SULTANA SPONGE, with custard	
292148	V	STRAWBERRY TRIFLE	
FP	V GF	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	V	LEMON SPONGE, with lemon sauce & custard	
293958	V <small>STB</small> *	APPLE CRUMBLE, with custard	
292123	V <small>GF</small>	COFFEE DESSERT	
FP	V <small>GF</small>	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	V GF P *	WEST COUNTRY CLOTTED CREAM RICE PUDDING	
293900	V -15	APPLE PIE, with custard	
292122	V	BLACKCURRANT CHEESECAKE	
FP	V GF	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	V	*	APRICOT CRUMBLE, with custard	
293924	V	15	GOLDEN SYRUP SPONGE, with custard	
292149	V		RASPBERRY TRIFLE	
FP	V	GF	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	V	SCOTCH BROTH SOUP
218255	V P	CHICKEN BREAST, with roast potatoes, carrot, cauliflower, sprouts, peas, stuffing & gravy
218323	V GF	LAMB'S LIVER & ONION GRAVY, with mashed potato, carrots & swede
218224	GF	PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas
217428	V GF	VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas
217437	V GF	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)

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Menu inputted on SMARTT ☐

Date

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

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Week 3

(Days 15-21)

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Menu inputted on SMARTT

Date

Monday (15)

291013	V	SCOTCH BROTH SOUP	
218260	* P	CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans	
218323	GF	LAMB'S LIVER & ONION GRAVY, with mashed potato, carrots & swede	
218306	GF P	FISHERMAN'S PIE, with carrots & green beans	
217412	V GF	CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas	
217447	V GF *	VEGETABLE CURRY, with white rice	

293841	V GF	RICE & STEWED APPLE	
293957	V <15 * P	APPLE & BLACKBERRY CRUMBLE, with custard	
292149	V	RASPBERRY TRIFLE	
FP	V GF	FRUIT POT	

Tuesday (16)

291021	V GF	CREAM OF MUSHROOM SOUP	
218209	GF	SAVOURY MINCED BEEF, with mashed potato, carrots & swede	
218264	GF P	CHICKEN CURRY, with rice	
218242		MINTED LAMB & DUMPLING, with mashed potato, mashed carrot & swede	
217437	V GF	MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans	
217446	V GF	VEGETABLE HOTPOT, with peas	

293135	V GF	JAM SPONGE, with custard	
293906	V <15	BLACKCURRANT PIE, with custard	
292123	V GF	COFFEE DESSERT	
FP	V GF	FRUIT POT	

Wednesday (17)

291029	V GF	LENTIL SOUP	
218282	GF	CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans	
218286	GF	HAM IN PARSLEY SAUCE, with green beans, carrot & swede	
218214	GF	BRAISED STEAK, with mashed potato & green beans	
217401	V	MACARONI CHEESE, with carrots, sweetcorn & peas	
217449	V GF	CHICKPEA KATSU CURRY, with white rice	

293824	V	LEMON SPONGE, with lemon sauce & custard	
293959	V <15 * P	RHUBARB CRUMBLE, with custard	
292125	V GF <15	STRAWBERRY MOUSSE	
FP	V GF	FRUIT POT	

Thursday (18)

291015	GF	PEA & HAM SOUP	
218329		SAUSAGE CASSEROLE, with mashed potato & peas	
218316	GF	FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans	
218279	GF P	CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas	
217448	V	LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot	
217437	V GF	MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans	

293842	V GF * P	WEST COUNTRY CLOTTED CREAM RICE PUDDING	
293924	V <15	GOLDEN SYRUP SPONGE, with custard	
292127	V GF	RASPBERRY DESSERT	
FP	V GF	FRUIT POT	

Friday (19)

291019	V GF	TOMATO SOUP	
218303		BREADED FISH, with mashed potato & peas	
218224	GF	PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas	
218276	GF *	LEMON & GINGER CHICKEN, with vegetable rice	
217442	V *	CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans	
217407	V GF	CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots	

293814	V *	APRICOT CRUMBLE, with custard	
293900	V <15	APPLE PIE, with custard	
292126	V	STRAWBERRY CHEESECAKE	
FP	V GF	FRUIT POT	

Saturday (20)

291014	V	LEEK & POTATO SOUP	
218204	P	BEEF LASAGNE, with carrots & peas	
218354	GF	SWEET & SOUR CHICKEN, with rice, red pepper & peas	
218336	* P	VIENNA STEAK (pork), with mashed potato, sweetcorn & peas	
217410	V GF	OMELETTE, chips & beans	
217432	V	VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy	

293141	V GF	BLACKCURRANT SPONGE, with custard	
293958	V <15 *	APPLE CRUMBLE, with custard	
292128	V GF <15	APRICOT & PEACH DESSERT	
FP	V GF	FRUIT POT	

Sunday (21)

291009	GF	CHICKEN SOUP	
218255	P	CHICKEN BREAST, with roast potatoes, carrot, cauliflower, sprouts, peas, stuffing & gravy	
218240	GF	LANCASHIRE HOTPOT, with carrots & swede	
218318	P	ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans	
217428	V GF	VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas	
217445	V	VEGETABLE LASAGNE, with carrots & green beans	

293866	V *	STICKY TOFFEE PUDDING, with custard	
293900	V <15	APPLE PIE, with custard	
292148	V	STRAWBERRY TRIFLE	
FP	V GF	FRUIT POT	

ID: TEMP

Menu inputted
on SMARTT

Date

Week 4 (Days 22-28)

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




"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