



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: 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.



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Week 1

(Days 1-7)

















FOR OFFICE USE ONLY

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







Menu inputted on SMARTT

Date
















Monday (1)

218260	 	CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans		293841	 	RICE & STEWED APPLE	
218232		MEATBALLS & MUSHY PEAS, with chips & onion gravy		293906	 	BLACKCURRANT PIE, with custard	
218302		SALMON SUPREME, with mashed potato, carrots, green beans & peas		292128	  	APRICOT & PEACH DESSERT	
217412	 	CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas		FP	 	FRUIT POT	
217432		VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy					



















Tuesday (2)

218209	 	SAVOURY MINCED BEEF, with mashed potato, carrots & swede		293135	 	JAM SPONGE, with custard	
218286		HAM IN PARSLEY SAUCE, with green beans, carrot & swede		293926	 	SULTANA SPONGE, with custard	
218245		SHEPHERD'S PIE, with carrots & peas		292148		STRAWBERRY TRIFLE	
217437	 	MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans		FP	 	FRUIT POT	
217449	 	CHICKPEA KATSU CURRY, with white rice					














Wednesday (3)

218282		CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans		293824		LEMON SPONGE, with lemon sauce & custard	
218318		ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans		293958	   	APPLE CRUMBLE, with custard	
218320		FISHCAKES, with diced fried potatoes & peas		292123	 	COFFEE DESSERT	
217401		MACARONI CHEESE, with carrots, sweetcorn & peas		FP	 	FRUIT POT	
217428	 	VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas					




















Thursday (4)

218329		SAUSAGE CASSEROLE, with mashed potato & peas		293842	    	WEST COUNTRY CLOTTED CREAM RICE PUDDING	
218211	 	STEAK & KIDNEY PIE, with mashed potato, carrots & swede		293900	 	APPLE PIE, with custard	
218264	  	CHICKEN CURRY, with rice		292122		BLACKCURRANT CHEESECAKE	
217448		LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot		FP	 	FRUIT POT	
217446	 	VEGETABLE HOTPOT, with peas					



















Friday (5)

218303		BREADED FISH, with mashed potato & peas		293814	 	APRICOT CRUMBLE, with custard	
218214		BRAISED STEAK, with mashed potato & green beans		293924	 	GOLDEN SYRUP SPONGE, with custard	
218246		LAMB & POTATO CURRY, with white rice & coriander		292149		RASPBERRY TRIFLE	
217442	 	CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans		FP	 	FRUIT POT	
217445		VEGETABLE LASAGNE, with carrots & green beans					

Saturday (6)

218204		BEEF LASAGNE, with carrots & peas		293141	 	BLACKCURRANT SPONGE, with custard	
218354	 	SWEET & SOUR CHICKEN, with rice, red pepper & peas		293957	    	APPLE & BLACKBERRY CRUMBLE, with custard	
218317		FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans		292126		STRAWBERRY CHEESECAKE	
217410	 	OMELETTE, chips & beans		FP	 	FRUIT POT	
217447	  	VEGETABLE CURRY, with white rice					

Sunday (7)

218255	 	CHICKEN BREAST, with roast potatoes, carrot, cauliflower, sprouts, peas, stuffing & gravy		293866	 	STICKY TOFFEE PUDDING, with custard	
218323	 	LAMB'S LIVER & ONION GRAVY, with mashed potato, carrots & swede		293900	 	APPLE PIE, with custard	
218224		PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas		292124	  	CHOCOLATE MOUSSE	
217428	 	VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas		FP	 	FRUIT POT	
217437	 	MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans					

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Date











Week 2

(Days 8-14)









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


Monday (8)

218211	 	STEAK & KIDNEY PIE, with mashed potato, carrots & swede	
218240		LANCASHIRE HOTPOT, with carrots & swede	
218320		FISHCAKES, with diced fried potatoes & peas	
217407	 	CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots	
217449	 	CHICKPEA KATSU CURRY, with white rice	









293136	 	RICE PUDDING & APRICOT	
293936	  	STEWED APPLE, with custard	
292125	  	STRAWBERRY MOUSSE	
FP	 	FRUIT POT	









Tuesday (9)

218278	 	CHICKEN & BACON HOTPOT, with cauliflower, carrots & peas	
218232		MEATBALLS & MUSHY PEAS, with chips & onion gravy	
218302		SALMON SUPREME, with mashed potato, carrots, green beans & peas	
217447	  	VEGETABLE CURRY, with white rice	
217448		LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot	








293825		GINGER SPONGE, with custard	
293900	 	APPLE PIE, with custard	
292122		BLACKCURRANT CHEESECAKE	
FP	 	FRUIT POT	








Wednesday (10)

218321		SAUSAGES IN ONION GRAVY, with mashed potato & baked beans	
218212	 	STEAK & MUSHROOM CASSEROLE, with mashed potato, swede, & peas	
218245		SHEPHERD'S PIE, with carrots & peas	
217446	 	VEGETABLE HOTPOT, with peas	
217410	 	OMELETTE, chips & beans	







293142	 	TREACLE TART, with custard	
293926	 	SULTANA SPONGE, with custard	
292127	 	RASPBERRY DESSERT	
FP	 	FRUIT POT	










Thursday (11)

218208	 	COTTAGE PIE, with carrots, swede & green beans	
218303		BREADED FISH, with mashed potato & peas	
218318		ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans	
217445		VEGETABLE LASAGNE, with carrots & green beans	
217412	 	CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas	











293135	 	JAM SPONGE, with custard	
293906	 	BLACKCURRANT PIE, with custard	
292148		STRAWBERRY TRIFLE	
FP	 	FRUIT POT	









Friday (12)

218316	 	FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans	
218204		BEEF LASAGNE, with carrots & peas	
218242		MINTED LAMB & DUMPLING, with mashed potato, mashed carrot & swede	
217432		VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy	
217401		MACARONI CHEESE, with carrots, sweetcorn & peas	










293838	 	BAKEWELL TART, with custard	
293959	  	RHUBARB CRUMBLE, with custard	
292123	 	COFFEE DESSERT	
FP	 	FRUIT POT	









Saturday (13)

218279	 	CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas	
218209	 	SAVOURY MINCED BEEF, with mashed potato, carrots & swede	
218276	 	LEMON & GINGER CHICKEN, with vegetable rice	
217442	 	CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans	
217428	 	VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas	

293858		BREAD & BUTTER PUDDING, with custard	
293900	 	APPLE PIE, with custard	
292124	  	CHOCOLATE MOUSSE	
FP	 	FRUIT POT	

Sunday (14)

218229	 	BEEF WITH ROAST POTATOES, with carrots, peas, & gravy	
218336	 	VIENNA STEAK (pork), with mashed potato, sweetcorn & peas	
218273		SLICED TURKEY, with roast potatoes, mashed carrot & parsnip, green beans, stuffing & gravy	
217449	 	CHICKPEA KATSU CURRY, with white rice	
217407	 	CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots	

293133		PLUM & CHERRY PIE, with custard	
293924	 	GOLDEN SYRUP SPONGE, with custard	
292128	  	APRICOT & PEACH DESSERT	
FP	 	FRUIT POT	

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Menu inputted
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Date

Week 3 (Days 15-21)

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Monday (15)

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	

Tuesday (16)

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	

293135		JAM SPONGE, with custard	
293906		BLACKCURRANT PIE, with custard	
292123		COFFEE DESSERT	
FP		FRUIT POT	

Wednesday (17)

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	

Thursday (18)

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	

Friday (19)

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	

Saturday (20)

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		BLACKCURRANT SPONGE, with custard	
293958		APPLE CRUMBLE, with custard	
292128		APRICOT & PEACH DESSERT	
FP		FRUIT POT	

Sunday (21)

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	
293900		APPLE PIE, with custard	
292148		STRAWBERRY TRIFLE	
FP		FRUIT POT	

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)

218211		STEAK & KIDNEY PIE, with mashed potato, carrots & swede	<input type="checkbox"/>
218264		CHICKEN CURRY, with rice	<input type="checkbox"/>
218317		FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans	<input type="checkbox"/>
217407		CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots	<input type="checkbox"/>
217410		OMELETTE, chips & beans	<input type="checkbox"/>

293136		RICE PUDDING & APRICOT	<input type="checkbox"/>
293900		APPLE PIE, with custard	<input type="checkbox"/>
292122		BLACKCURRANT CHEESECAKE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Tuesday (23)

218278		CHICKEN & BACON HOTPOT, with cauliflower, carrots & peas	<input type="checkbox"/>
218320		FISHCAKES, with diced fried potatoes & peas	<input type="checkbox"/>
218273		SLICED TURKEY, with roast potatoes, mashed carrot & parsnip, green beans, stuffing & gravy	<input type="checkbox"/>
217447		VEGETABLE CURRY, with white rice	<input type="checkbox"/>
217428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas	<input type="checkbox"/>

293825		GINGER SPONGE, with custard	<input type="checkbox"/>
293959		RHUBARB CRUMBLE, with custard	<input type="checkbox"/>
292125		STRAWBERRY MOUSSE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Wednesday (24)

218321		SAUSAGES IN ONION GRAVY, with mashed potato & baked beans	<input type="checkbox"/>
218306		FISHERMAN'S PIE, with carrots & green beans	<input type="checkbox"/>
218246		LAMB & POTATO CURRY, with white rice & coriander	<input type="checkbox"/>
217446		VEGETABLE HOTPOT, with peas	<input type="checkbox"/>
217412		CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas	<input type="checkbox"/>

293142		TREACLE TART, with custard	<input type="checkbox"/>
293900		APPLE PIE, with custard	<input type="checkbox"/>
292149		RASPBERRY TRIFLE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Thursday (25)

218208		COTTAGE PIE, with carrots, swede & green beans	<input type="checkbox"/>
218323		LAMB'S LIVER & ONION GRAVY, with mashed potato, carrots & swede	<input type="checkbox"/>
218276		LEMON & GINGER CHICKEN, with vegetable rice	<input type="checkbox"/>
217445		VEGETABLE LASAGNE, with carrots & green beans	<input type="checkbox"/>
217437		MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans	<input type="checkbox"/>

293135		JAM SPONGE, with custard	<input type="checkbox"/>
293957		APPLE & BLACKBERRY CRUMBLE, with custard	<input type="checkbox"/>
292124		CHOCOLATE MOUSSE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Friday (26)

218316		FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans	<input type="checkbox"/>
218354		SWEET & SOUR CHICKEN, with rice, red pepper & peas	<input type="checkbox"/>
218336		VIENNA STEAK (pork), with mashed potato, sweetcorn & peas	<input type="checkbox"/>
217432		VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy	<input type="checkbox"/>
217401		MACARONI CHEESE, with carrots, sweetcorn & peas	<input type="checkbox"/>

293838		BAKEWELL TART, with custard	<input type="checkbox"/>
293926		SULTANA SPONGE, with custard	<input type="checkbox"/>
292127		RASPBERRY DESSERT	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Saturday (27)

218279		CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas	<input type="checkbox"/>
218224		PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas	<input type="checkbox"/>
218212		STEAK & MUSHROOM CASSEROLE, with mashed potato, swede, & peas	<input type="checkbox"/>
217442		CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans	<input type="checkbox"/>
217449		CHICKPEA KATSU CURRY, with white rice	<input type="checkbox"/>

293858		BREAD & BUTTER PUDDING, with custard	<input type="checkbox"/>
293936		STEWED APPLE, with custard	<input type="checkbox"/>
292123		COFFEE DESSERT	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

Sunday (28)

218229		BEEF WITH ROAST POTATOES, with carrots, peas, & gravy	<input type="checkbox"/>
218322		CUMBERLAND SAUSAGES, with mashed potato, carrots & swede	<input type="checkbox"/>
218242		MINTED LAMB & DUMPLING, with mashed potato, mashed carrot & swede	<input type="checkbox"/>
217428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas	<input type="checkbox"/>
217448		LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot	<input type="checkbox"/>

293133		PLUM & CHERRY PIE, with custard	<input type="checkbox"/>
293958		APPLE CRUMBLE, with custard	<input type="checkbox"/>
292126		STRAWBERRY CHEESECAKE	<input type="checkbox"/>
FP		FRUIT POT	<input type="checkbox"/>

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



hertsmeals@hils-uk.org