



**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: westsussex@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.



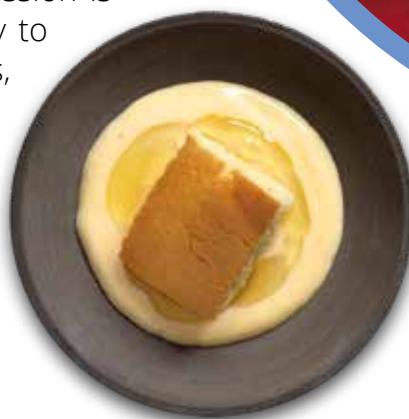
Meeting your needs:

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 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.

Week 1

(Days 1-7)

FOR OFFICE USE ONLY

ID: TEMP

Menu inputted on SMARTT ☐

Date

Monday (1)	291029	<div><div>V</div><div>GF</div></div>	LENTIL SOUP			
	218260	<div><div>+</div><div>P</div></div>	CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans			293841 <div><div>V</div><div>GF</div></div> RICE & STEWED APPLE
	218232	<div><div>♥</div></div>	MEATBALLS & MUSHY PEAS, with chips & onion gravy			293906 <div><div>V</div><div>GF</div><div><15</div></div> BLACKCURRANT PIE, with custard
	218302	<div><div>GF</div></div>	SALMON SUPREME, with mashed potato, carrots, green beans & peas			292128 <div><div>V</div><div>GF</div><div><15</div></div> APRICOT & PEACH DESSERT
	217412	<div><div>V</div><div>GF</div></div>	CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas			FP <div><div>V</div><div>GF</div></div> FRUIT POT
	217432	<div><div>V</div></div>	VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy			
Tuesday (2)	291015	<div><div>GF</div></div>	PEA & HAM SOUP			
	218209	<div><div>♥</div><div>GF</div></div>	SAVOURY MINCED BEEF, with mashed potato, carrots & swede			293135 <div><div>V</div><div>GF</div></div> JAM SPONGE, with custard
	218286	<div><div>GF</div></div>	HAM IN PARSLEY SAUCE, with green beans, carrot & swede			293926 <div><div>V</div><div>GF</div><div><15</div></div> SULTANA SPONGE, with custard
	218245	<div><div>GF</div></div>	SHEPHERD'S PIE, with carrots & peas			292148 <div><div>V</div></div> STRAWBERRY TRIFLE
	217437	<div><div>V</div><div>GF</div></div>	MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans			FP <div><div>V</div><div>GF</div></div> FRUIT POT
	217449	<div><div>♥</div><div>V</div></div>	CHICKPEA KATSU CURRY, with white rice			
Wednesday (3)	291019	<div><div>V</div><div>GF</div></div>	TOMATO SOUP			
	218282	<div><div>GF</div></div>	CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans			293824 <div><div>V</div></div> LEMON SPONGE, with lemon sauce & custard
	218318	<div><div>P</div></div>	ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans			293958 <div><div>V</div><div>GF</div><div><15</div><div>+</div></div> APPLE CRUMBLE, with custard
	218320	<div><div>♥</div></div>	FISHCAKES, with diced fried potatoes & peas			292123 <div><div>V</div><div>GF</div></div> COFFEE DESSERT
	217401	<div><div>V</div></div>	MACARONI CHEESE, with carrots, sweetcorn & peas			FP <div><div>V</div><div>GF</div></div> FRUIT POT
	217428	<div><div>V</div><div>GF</div></div>	VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas			
Thursday (4)	291014	<div><div>V</div></div>	LEEK & POTATO SOUP			
	218329		SAUSAGE CASSEROLE, with mashed potato & peas			293842 <div><div>V</div><div>GF</div><div>P</div><div>+</div></div> WEST COUNTRY CLOTTED CREAM RICE PUDDING
	218211	<div><div>+</div><div>P</div></div>	STEAK & KIDNEY PIE, with mashed potato, carrots & swede			293900 <div><div>V</div><div>GF</div><div><15</div></div> APPLE PIE, with custard
	218264	<div><div>♥</div><div>GF</div><div>P</div></div>	CHICKEN CURRY, with rice			292122 <div><div>V</div></div> BLACKCURRANT CHEESECAKE
	217448	<div><div>V</div></div>	LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot			FP <div><div>V</div><div>GF</div></div> FRUIT POT
	217446	<div><div>♥</div><div>V</div><div>GF</div></div>	VEGETABLE HOTPOT, with peas			
Friday (5)	291009	<div><div>GF</div></div>	CHICKEN SOUP			
	218303	<div><div>♥</div></div>	BREADED FISH, with mashed potato & peas			293814 <div><div>V</div><div>+</div></div> APRICOT CRUMBLE, with custard
	218214	<div><div>GF</div></div>	BRAISED STEAK, with mashed potato & green beans			293924 <div><div>V</div><div>GF</div><div><15</div></div> GOLDEN SYRUP SPONGE, with custard
	218246	<div><div>GF</div></div>	LAMB & POTATO CURRY, with white rice & coriander			292149 <div><div>V</div></div> RASPBERRY TRIFLE
	217442	<div><div>V</div><div>+</div></div>	CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans			FP <div><div>V</div><div>GF</div></div> FRUIT POT
	217445	<div><div>V</div></div>	VEGETABLE LASAGNE, with carrots & green beans			
Saturday (6)	291020	<div><div>V</div><div>GF</div></div>	CHUNKY VEGETABLE SOUP			
	218204	<div><div>P</div></div>	BEEF LASAGNE, with carrots & peas			293141 <div><div>V</div><div>GF</div></div> BLACKCURRANT SPONGE, with custard
	218354	<div><div>♥</div><div>GF</div></div>	SWEET & SOUR CHICKEN, with rice, red pepper & peas			293957 <div><div>V</div><div><15</div><div>+</div><div>P</div></div> APPLE & BLACKBERRY CRUMBLE, with custard
	218317	<div><div>GF</div></div>	FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans			292126 <div><div>V</div></div> STRAWBERRY CHEESECAKE
	217410	<div><div>♥</div><div>V</div><div>GF</div></div>	OMELETTE, chips & beans			FP <div><div>V</div><div>GF</div></div> FRUIT POT
	217447	<div><div>V</div><div>GF</div><div>+</div></div>	VEGETABLE CURRY, with white rice			
Sunday (7)	291013	<div><div>V</div></div>	SCOTCH BROTH SOUP			
	218255	<div><div>♥</div><div>P</div></div>	CHICKEN BREAST, with roast potatoes, carrot, cauliflower, sprouts, peas, stuffing & gravy			293866 <div><div>V</div><div>+</div></div> STICKY TOFFEE PUDDING, with custard
	218323	<div><div>♥</div><div>GF</div></div>	LAMB'S LIVER & ONION GRAVY, with mashed potato, carrots & swede			293900 <div><div>V</div><div>GF</div><div><15</div></div> APPLE PIE, with custard
	218224	<div><div>GF</div></div>	PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas			292124 <div><div>V</div><div>GF</div><div><15</div></div> CHOCOLATE MOUSSE
	217428	<div><div>V</div><div>GF</div></div>	VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas			FP <div><div>V</div><div>GF</div></div> FRUIT POT
	217437	<div><div>V</div><div>GF</div></div>	MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans			

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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			
	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)	291029		LENTIL SOUP			
	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)	291015		PEA & HAM SOUP			
	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)	291019		TOMATO SOUP			
	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)	291014		LEEK & POTATO SOUP			
	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)	291009		CHICKEN SOUP			
	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)	291020		CHUNKY VEGETABLE SOUP			
	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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Week 3

(Days 15-21)

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Menu inputted on SMARTT ☐

Date

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Monday (15)	291013	<div><div>V</div></div>	SCOTCH BROTH SOUP						
	218260	<div><div><div>GF</div><div>P</div></div></div>	CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans			293841	<div><div>V</div><div>GF</div></div>	RICE & STEWED APPLE	
	218323	<div><div><div>GF</div></div></div>	LAMB'S LIVER & ONION GRAVY, with mashed potato, carrots & swede			293957	<div><div>V</div><div><15</div><div><div>GF</div><div>P</div></div></div>	APPLE & BLACKBERRY CRUMBLE, with custard	
	218306	<div><div><div>GF</div><div>P</div></div></div>	FISHERMAN'S PIE, with carrots & green beans			292149	<div><div>V</div></div>	RASPBERRY TRIFLE	
	217412	<div><div><div>V</div><div>GF</div></div></div>	CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas			FP	<div><div>V</div><div>GF</div></div>	FRUIT POT	
	217447	<div><div><div>V</div><div>GF</div><div>*</div></div></div>	VEGETABLE CURRY, with white rice						
Tuesday (16)	291021	<div><div><div>V</div><div>GF</div></div></div>	CREAM OF MUSHROOM SOUP						
	218209	<div><div><div>GF</div></div></div>	SAVOURY MINCED BEEF, with mashed potato, carrots & swede			293135	<div><div>V</div><div>GF</div></div>	JAM SPONGE, with custard	
	218264	<div><div><div>GF</div><div>P</div></div></div>	CHICKEN CURRY, with rice			293906	<div><div>V</div><div><15</div></div>	BLACKCURRANT PIE, with custard	
	218242		MINTED LAMB & DUMPLING, with mashed potato, mashed carrot & swede			292123	<div><div>V</div><div>GF</div></div>	COFFEE DESSERT	
	217437	<div><div><div>V</div><div>GF</div></div></div>	MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans			FP	<div><div>V</div><div>GF</div></div>	FRUIT POT	
	217446	<div><div><div><div>GF</div><div>V</div></div><div>GF</div></div></div>	VEGETABLE HOTPOT, with peas						
Wednesday (17)	291029	<div><div><div>V</div><div>GF</div></div></div>	LENTIL SOUP						
	218282	<div><div><div>GF</div></div></div>	CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans			293824	<div><div>V</div></div>	LEMON SPONGE, with lemon sauce & custard	
	218286	<div><div><div>GF</div></div></div>	HAM IN PARSLEY SAUCE, with green beans, carrot & swede			293959	<div><div>V</div><div><15</div><div><div>GF</div><div>P</div></div><div>*</div></div>	RHUBARB CRUMBLE, with custard	
	218214	<div><div><div>GF</div></div></div>	BRAISED STEAK, with mashed potato & green beans			292125	<div><div>V</div><div>GF</div><div><15</div></div>	STRAWBERRY MOUSSE	
	217401	<div><div><div>V</div></div></div>	MACARONI CHEESE, with carrots, sweetcorn & peas			FP	<div><div>V</div><div>GF</div></div>	FRUIT POT	
	217449	<div><div><div><div>GF</div><div>V</div></div></div></div>	CHICKPEA KATSU CURRY, with white rice						
Thursday (18)	291015	<div><div><div>GF</div></div></div>	PEA & HAM SOUP						
	218329		SAUSAGE CASSEROLE, with mashed potato & peas			293842	<div><div>V</div><div>GF</div><div><div>GF</div><div>P</div></div><div>*</div></div>	WEST COUNTRY CLOTTED CREAM RICE PUDDING	
	218316	<div><div><div><div>GF</div></div></div></div>	FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans			293924	<div><div>V</div><div><15</div></div>	GOLDEN SYRUP SPONGE, with custard	
	218279	<div><div><div>GF</div><div>P</div></div></div>	CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas			292127	<div><div>V</div><div>GF</div></div>	RASPBERRY DESSERT	
	217448	<div><div><div>V</div></div></div>	LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot			FP	<div><div>V</div><div>GF</div></div>	FRUIT POT	
	217437	<div><div><div>V</div><div>GF</div></div></div>	MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans						
Friday (19)	291019	<div><div><div>V</div><div>GF</div></div></div>	TOMATO SOUP						
	218303	<div><div><div><div>GF</div></div></div></div>	BREADED FISH, with mashed potato & peas			293814	<div><div>V</div><div><div>GF</div><div>P</div></div><div>*</div></div>	APRICOT CRUMBLE, with custard	
	218224	<div><div><div>GF</div></div></div>	PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas			293900	<div><div>V</div><div><15</div></div>	APPLE PIE, with custard	
	218276	<div><div><div>GF</div><div>*</div></div></div>	LEMON & GINGER CHICKEN, with vegetable rice			292126	<div><div>V</div></div>	STRAWBERRY CHEESECAKE	
	217442	<div><div><div>V</div><div><div>GF</div><div>P</div></div><div>*</div></div></div>	CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans			FP	<div><div>V</div><div>GF</div></div>	FRUIT POT	
	217407	<div><div><div>V</div><div>GF</div></div></div>	CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots						
Saturday (20)	291014	<div><div><div>V</div></div></div>	LEEK & POTATO SOUP						
	218204	<div><div><div><div>GF</div></div><div>P</div></div></div>	BEEF LASAGNE, with carrots & peas			293141	<div><div>V</div><div>GF</div></div>	BLACKCURRANT SPONGE, with custard	
	218354	<div><div><div><div>GF</div></div></div></div>	SWEET & SOUR CHICKEN, with rice, red pepper & peas			293958	<div><div>V</div><div><15</div><div><div>GF</div><div>P</div></div><div>*</div></div>	APPLE CRUMBLE, with custard	
	218336	<div><div><div><div>GF</div><div>P</div></div><div>*</div></div></div>	VIENNA STEAK (pork), with mashed potato, sweetcorn & peas			292128	<div><div>V</div><div>GF</div><div><15</div></div>	APRICOT & PEACH DESSERT	
	217410	<div><div><div><div>GF</div><div>V</div></div><div>GF</div></div></div>	OMELETTE, chips & beans			FP	<div><div>V</div><div>GF</div></div>	FRUIT POT	
	217432	<div><div><div>V</div></div></div>	VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy						
Sunday (21)	291009	<div><div><div>GF</div></div></div>	CHICKEN SOUP						
	218255	<div><div><div><div>GF</div></div><div>P</div></div></div>	CHICKEN BREAST, with roast potatoes, carrot, cauliflower, sprouts, peas, stuffing & gravy			293866	<div><div>V</div><div><div>GF</div><div>P</div></div><div>*</div></div>	STICKY TOFFEE PUDDING, with custard	
	218240	<div><div><div>GF</div></div></div>	LANCASHIRE HOTPOT, with carrots & swede			293900	<div><div>V</div><div><15</div></div>	APPLE PIE, with custard	
	218318	<div><div><div><div>GF</div></div><div>P</div></div></div>	ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans			292148	<div><div>V</div></div>	STRAWBERRY TRIFLE	
	217428	<div><div><div>V</div><div>GF</div></div></div>	VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas			FP	<div><div>V</div><div>GF</div></div>	FRUIT POT	
	217445	<div><div><div>V</div></div></div>	VEGETABLE LASAGNE, with carrots & green beans						

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 4

(Days 22-28)

FOR OFFICE USE ONLY

ID: TEMP

Menu inputted on SMARTT ☐

Date

Monday (22)	291020		CHUNKY VEGETABLE SOUP			
	218211		STEAK & KIDNEY PIE, with mashed potato, carrots & swede			
	218264		CHICKEN CURRY, with rice			
	218317		FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans			
	217407		CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots			
	217410		OMELETTE, chips & beans			
	293136		RICE PUDDING & APRICOT			
	293900		APPLE PIE, with custard			
	292122		BLACKCURRANT CHEESECAKE			
	FP		FRUIT POT			
Tuesday (23)	291013		SCOTCH BROTH SOUP			
	218278		CHICKEN & BACON HOTPOT, with cauliflower, carrots & peas			
	218320		FISHCAKES, with diced fried potatoes & peas			
	218273		SLICED TURKEY, with roast potatoes, mashed carrot & parsnip, green beans, stuffing & gravy			
	217447		VEGETABLE CURRY, with white rice			
	217428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas			
	293825		GINGER SPONGE, with custard			
	293959		RHUBARB CRUMBLE, with custard			
	292125		STRAWBERRY MOUSSE			
	FP		FRUIT POT			
Wednesday (24)	291021		CREAM OF MUSHROOM SOUP			
	218321		SAUSAGES IN ONION GRAVY, with mashed potato & baked beans			
	218306		FISHERMAN'S PIE, with carrots & green beans			
	218246		LAMB & POTATO CURRY, with white rice & coriander			
	217446		VEGETABLE HOTPOT, with peas			
	217412		CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas			
	293142		TREACLE TART, with custard			
	293900		APPLE PIE, with custard			
	292149		RASPBERRY TRIFLE			
	FP		FRUIT POT			
Thursday (25)	291029		LENTIL SOUP			
	218208		COTTAGE PIE, with carrots, swede & green beans			
	218323		LAMB'S LIVER & ONION GRAVY, with mashed potato, carrots & swede			
	218276		LEMON & GINGER CHICKEN, with vegetable rice			
	217445		VEGETABLE LASAGNE, with carrots & green beans			
	217437		MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans			
	293135		JAM SPONGE, with custard			
	293957		APPLE & BLACKBERRY CRUMBLE, with custard			
	292124		CHOCOLATE MOUSSE			
	FP		FRUIT POT			
Friday (26)	291015		PEA & HAM SOUP			
	218316		FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans			
	218354		SWEET & SOUR CHICKEN, with rice, red pepper & peas			
	218336		VIENNA STEAK (pork), with mashed potato, sweetcorn & peas			
	217432		VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy			
	217401		MACARONI CHEESE, with carrots, sweetcorn & peas			
	293838		BAKEWELL TART, with custard			
	293926		SULTANA SPONGE, with custard			
	292127		RASPBERRY DESSERT			
	FP		FRUIT POT			
Saturday (27)	291019		TOMATO SOUP			
	218279		CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas			
	218224		PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas			
	218212		STEAK & MUSHROOM CASSEROLE, with mashed potato, swede, & peas			
	217442		CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans			
	217449		CHICKPEA KATSU CURRY, with white rice			
	293858		BREAD & BUTTER PUDDING, with custard			
	293936		STEWED APPLE, with custard			
	292123		COFFEE DESSERT			
	FP		FRUIT POT			
Sunday (28)	291014		LEEK & POTATO SOUP			
	218229		BEEF WITH ROAST POTATOES, with carrots, peas, & gravy			
	218322		CUMBERLAND SAUSAGES, with mashed potato, carrots & swede			
	218242		MINTED LAMB & DUMPLING, with mashed potato, mashed carrot & swede			
	217428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas			
	217448		LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot			
	293133		PLUM & CHERRY PIE, with custard			
	293958		APPLE CRUMBLE, with custard			
	292126		STRAWBERRY CHEESECAKE			
	FP		FRUIT POT			




"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 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