



Health & Independent
Living Support

Support
at Home

Breakfast and Tea Menu

Delivered
with your
hot meal at
lunchtime



Please complete:

Name

Address

.....

.....

Date completed

Contact us on: 0330 2000 103
or email: hertsmeals@hils-uk.org

www.hils-uk.org



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

Thank you for choosing our
Tea and/or Breakfast 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 and breakfast 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 (tea) or the next morning (breakfast).

You can make changes to your menu choices at any time. Our Nutrition & Wellbeing Team has created some simple coding to make it easier for you to choose options to suit you.

Step 1: Select your Tea and/or Breakfast choices each day.

Step 2: Give your completed menu to your meals on wheels delivery driver or return it by post or 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 and breakfast 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 rare occasions we may need to offer a substitution to your preferred choice, but we will always ensure that the tea or breakfast items delivered are suitable for you.

Diabetes

All of our breakfast and 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 breakfast and tea products are unsuitable.

If you are unsure about whether our breakfast and 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 Breakfast Service?



Code	SECTION 1 - CEREAL		Mon	Tue	Wed	Thur	Fri	Sat	Sun
145866	Muesli and milk	V							
145867	Muesli (no added sugar) and milk	V							
189894	Fruit & Fibre and milk	V							
101062	Cornflakes and milk	V							
140278	Porridge sachet and milk (requires heating)	V							
101071	Rice Krispies and milk	V							
N/BR/MAIN	No cereal required	V							

... next select which snack you would like:

Code	SECTION 2 - SNACKS		Mon	Tue	Wed	Thur	Fri	Sat	Sun
142095	Fruit yoghurt - various flavours	V GF							
140855	Fruit Pot - peach and pear in juice	V GF							
161375	Frosties cereal bar	V							
181350	Coco pops cereal bar	V							
172550	Croissant and jam	V *							
172551	Pain au chocolate	V *							
181625	Mixed fruit danish	V *							
10635	Double chocolate chip muffin	V *							
137244	Blueberry mini muffin	V							
N/BR/SNCK	No snack required								

... finally let us know which drinks you would like:

Code	SECTION 3 - DRINKS		Mon	Tue	Wed	Thur	Fri	Sat	Sun
188939	Strawberry milk	V							
137047	Chocolate milk	V							
180427	Orange Juice	V							
180426	Apple juice	V							
160636	Ribena	V							
156288	Water	V							
124638	Hot chocolate sachet	V							
131929	Cappuccino sachet	V							
N/BR/DRNK	No drink required								

There are no gluten-containing ingredients in the drinks listed

PLEASE NOTE: ALL cancellations MUST be made before 8.30am or a charge WILL be made. All selections are subject to availability. An alternative may have to be delivered on occasion.

What's included in the HILS Tea Service?



Code	SECTION 1 - MAINS		Mon	Tue	Wed	Thur	Fri	Sat	Sun
CT/SS	Cream Tea (scone, jam & clotted cream)	V *							
921	Cheesy 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								

There are no gluten-containing ingredients in the desserts listed

...now choose which snacks you would like:

Code	SECTION 3 – SNACKS		Mon	Tue	Wed	Thur	Fri	Sat	Sun
002328	Crisps ready salted	V							
04248	Milk chocolate chip cookie	V *							
20028	Mini pack of biscuits – various types	V *							
10635	Double chocolate chip muffin	V *							
37244	Blueberry mini muffin	V							
N/SNCK	No snack required								

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HILS supplies and installs key safes for clients across Hertfordshire, helping you to feel safe at home.



Could you benefit from having a key safe?

Key safes are useful for people who might forget their keys and for people who have regular visitors, such as carers or meals on wheels staff.



- A key safe is a small, strong, metal box accessed by using a personal code. It is fitted to the outside of your home and is used to store a spare door key.
- HILS can install a key safe at your home, anywhere in Hertfordshire.

Book your key safe installation online

www.hils-uk.org
or call us on 0330 2000 103

More than just a meal

About us

Health & Independent Living Support (HILS) is a charitable, not-for-profit, social enterprise that operates from four sites across the county, 365 days a year from multiple sites. .

We deliver more than 600,000 meals each year, which is equivalent to our vehicles travelling to the moon and back! Our charitable purpose 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.



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.

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 are paid the Real Living Wage.



Our sites are open from 8:00am 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.

Contact us on: 0330 2000 103
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