



**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		LENTIL SOUP (125kcal)	
218260		CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans (509kcal)	
297335		FAGGOTS (pork liver) in gravy served with peas (447kcal)	
218302		SALMON SUPREME, with mashed potato, carrots, green beans & peas (314kcal)	
294115		CHEESE, ONION, LEEK POTATO BAKE with diced potatoes, greenbeans and mash root veg (382kcal)	
297535		MUSHROOM STROGANOFF with rice and peas, (423kcal)	

293841		RICE & STEWED APPLE (177kcal)	
293906		BLACKCURRANT PIE, with custard (277kcal)	
292128		APRICOT & PEACH DESSERT (81kcal)	
FP		FRUIT POT (61-75kcal)	

Tuesday (2)

291015		PEA & HAM SOUP (134kcal)	
218209		SAVOURY MINCED BEEF, with mashed potato, carrots & swede (314kcal)	
218286		HAM IN PARSLEY SAUCE, with green beans, carrot & swede (318kcal)	
218245		SHEPHERD'S PIE, with carrots & peas (303kcal)	
217437		MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans (431kcal)	
298500		BUTTERBEAN CURRY WITH YELLOW RICE (413kcal)	

293135		JAM SPONGE WITH CUSTARD (291kcal)	
293926		SULTANA SPONGE, with custard (238kcal)	
292148		STRAWBERRY TRIFLE (218kcal)	
FP		FRUIT POT (61-75kcal)	

Wednesday (3)

291019		TOMATO SOUP (102kcal)	
298503		CHICKEN AND VEGETABLE STEW served with mash, peas and gravy (321kcal)	
218318		ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans (462kcal)	
218320		FISHCAKES, with diced fried potatoes & peas (361kcal)	
217401		MACARONI CHEESE, with carrots, sweetcorn & peas (411kcal)	
217428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas (309kcal)	

293824		LEMON SPONGE, with lemon sauce & custard (260kcal)	
293958		APPLE CRUMBLE, with custard (312kcal)	
292123		COFFEE DESSERT (129kcal)	
FP		FRUIT POT (61-75kcal)	

Thursday (4)

291014		LEEK & POTATO SOUP (127kcal)	
218329		SAUSAGE CASSEROLE, with mashed potato & peas (376kcal)	
218211		STEAK & KIDNEY PIE, with mashed potato, carrots & swede (517kcal)	
218264		CHICKEN CURRY, with rice (405kcal)	
298196		PROVENÇAL VEGETABLE BAKE with sautéed potatoes and mixed veg (338kcal)	
294255		ROOT VEGETABLE SPAGHETTI BOLOGNAISE (324kcal)	

293842		WEST COUNTRY CLOTTED CREAM RICE PUDDING (375kcal)	
293900		APPLE PIE, with custard (292kcal)	
292122		BLACKCURRANT CHEESECAKE (210kcal)	
FP		FRUIT POT (61-75kcal)	

Friday (5)

291009		CHICKEN SOUP (138kcal)	
298304		BREADED FISH WITH CHIPS with chips and peas (412kcal)	
218214		BRAISED STEAK, with mashed potato & green beans (318kcal)	
298148		LAMB AND VEGETABLE CASSEROLE with mixed root veg and boiled potatoes (330kcal)	
217442		CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans (592kcal)	
217445		VEGETABLE LASAGNE, with carrots & green beans (372kcal)	

293814		APRICOT CRUMBLE, with custard (322kcal)	
293924		GOLDEN SYRUP SPONGE, with custard (233kcal)	
292149		RASPBERRY TRIFLE (211kcal)	
FP		FRUIT POT (61-75kcal)	

Saturday (6)

291020		CHUNKY VEGETABLE SOUP (76kcal)	
218204		BEEF LASAGNE, with carrots & peas (382kcal)	
218354		SWEET & SOUR CHICKEN, with rice, red pepper & peas (333kcal)	
218317		FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans (332kcal)	
217410		OMELETTE, chips & beans (394kcal)	
217447		VEGETABLE CURRY, with white rice (517kcal)	

293141		BLACKCURRANT SPONGE, with custard (252kcal)	
293957		APPLE & BLACKBERRY CRUMBLE, with custard (310kcal)	
292126		STRAWBERRY CHEESECAKE (210kcal)	
FP		FRUIT POT (61-75kcal)	

Sunday (7)

291013		SCOTCH BROTH SOUP (65kcal)	
218255		CHICKEN BREAST, with roast potatoes, carrot, cauliflower, sprouts, peas, stuffing & gravy (410kcal)	
298324		LIVER & BACON CASSEROLE served with mashed potatoes, green beans and carrots (316kcal)	
294259		PORK & MUSHROOM CASSEROLE in a white wine, bacon and creamsauce, with mashed potatoes and mixed veg (338kcal)	
217428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas (309kcal)	
217437		MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans (431kcal)	

293866		STICKY TOFFEE PUDDING, with custard (362kcal)	
293900		APPLE PIE, with custard (276kcal)	
292124		CHOCOLATE MOUSSE (92kcal)	
FP		FRUIT POT (61-75kcal)	

kcal = calories per portion

Week 2 (Days 8-14)

kcal = calories per portion

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Week 3

(Days 15-21)

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Date

Monday (15)	291013		SCOTCH BROTH SOUP (65kcal)			293841		RICE & STEWED APPLE (177kcal)		
	218260		CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans (509kcal)			293957		APPLE & BLACKBERRY CRUMBLE, with custard (310kcal)		
	298324		LIVER & BACON CASSEROLE served with mashed potatoes, green beans and carrots (316kcal)			292149		RASPBERRY TRIFLE (211kcal)		
	218306		FISHERMAN'S PIE, with carrots & green beans (306kcal)			FP		FRUIT POT (61-75kcal)		
	294115		CHEESE, ONION, LEEK POTATO BAKE with diced potatoes, greenbeans and mash root veg (382kcal)							
	217447		VEGETABLE CURRY, with white rice (517kcal)							
Tuesday (16)	291021		CREAM OF MUSHROOM SOUP (130kcal)			293135		JAM SPONGE WITH CUSTARD (291kcal)		
	218209		SAVOURY MINCED BEEF, with mashed potato, carrots & swede (314kcal)			293906		BLACKCURRANT PIE, with custard (277kcal)		
	218264		CHICKEN CURRY, with rice (405kcal)			292123		COFFEE DESSERT (129kcal)		
	294264		MINTED LAMB PIE lamb, leeks and onion topped with shortcrust pastry in a minty gravy with veg (524kcal)			FP		FRUIT POT (61-75kcal)		
	217437		MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans (431kcal)							
	294255		ROOT VEGETABLE SPAGHETTI BOLOGNAISE (324kcal)							
Wednesday (17)	291029		PROVENÇAL VEGETABLE BAKE with sautéed potatoes and mixed veg (338kcal)			293824		LEMON SPONGE, with lemon sauce & custard (260kcal)		
	298503		CHICKEN AND VEGETABLE STEW served with mash, peas and gravy (321kcal)			293959		RHUBARB CRUMBLE, with custard (304kcal)		
	218286		HAM IN PARSLEY SAUCE, with green beans, carrot & swede (318kcal)			292125		STRAWBERRY MOUSSE (86kcal)		
	218214		BRAISED STEAK, with mashed potato & green beans (318kcal)			FP		FRUIT POT (61-75kcal)		
	217401		MACARONI CHEESE, with carrots, sweetcorn & peas (411kcal)							
	298500		BUTTERBEAN CURRY WITH YELLOW RICE (413kcal)							
Thursday (18)	291015		PEA & HAM SOUP (134kcal)			293842		WEST COUNTRY CLOTTED CREAM RICE PUDDING (375kcal)		
	218329		SAUSAGE CASSEROLE, with mashed potato & peas (376kcal)			293924		GOLDEN SYRUP SPONGE, with custard (233kcal)		
	298158		FISH IN CREAMY LEMON SAUCE with diced potatoes, carrots, Romano green beans (320kcal)			292127		RASPBERRY DESSERT (141kcal)		
	218279		HUNTERS CHICKEN with green beans, barbecue sauce, mushrooms and fried diced potatoes (341kcal)			FP		FRUIT POT (61-75kcal)		
	298196		PROVENÇAL VEGETABLE BAKE with sautéed potatoes and mixed veg (338kcal)							
	217437		MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans (431kcal)							
Friday (19)	291019		TOMATO SOUP (102kcal)			293814		APRICOT CRUMBLE, with custard (322kcal)		
	298304		BREADED FISH WITH CHIPS with chips and peas (412kcal)			293900		APPLE PIE, with custard (276kcal)		
	294259		PORK & MUSHROOM CASSEROLE in a white wine, bacon and creamsauce, with mashed potatoes and mixed veg (338kcal)			292126		STRAWBERRY CHEESECAKE (210kcal)		
	298154		HONEY MUSTARD CHICKEN with mashed potato, mixed veg in a honey and mustard sauce (349kcal)			FP		FRUIT POT (61-75kcal)		
	217442		CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans (592kcal)							
	217407		CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots (400kcal)							
Saturday (20)	291014		LEEK & POTATO SOUP (127kcal)			293141		BLACKCURRANT SPONGE, with custard (252kcal)		
	218204		BEEF LASAGNE, with carrots & peas (382kcal)			293958		APPLE CRUMBLE, with custard (312kcal)		
	218354		SWEET & SOUR CHICKEN, with rice, red pepper & peas (333kcal)			292128		APRICOT & PEACH DESSERT (81kcal)		
	298225		PORK LOIN AND STUFFING with mashed potato, carrots and gravy. (303kcal)			FP		FRUIT POT (61-75kcal)		
	217410		OMELETTE, chips & beans (394kcal)							
	297535		MUSHROOM STROGANOFF with rice and peas, (423kcal)							
Sunday (21)	291009		CHICKEN SOUP (138kcal)			293866		STICKY TOFFEE PUDDING, with custard (362kcal)		
	218255		CHICKEN BREAST, with roast potatoes, carrot, cauliflower, sprouts, peas, stuffing & gravy (307kcal)			293900		APPLE PIE, with custard (292kcal)		
	218240		LANCASHIRE HOTPOT, with carrots & swede (341kcal)			292148		STRAWBERRY TRIFLE (218kcal)		
	218318		ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans (462kcal)			FP		FRUIT POT (61-75kcal)		
	217428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas (309kcal)							
	217445		VEGETABLE LASAGNE, with carrots & green beans (372kcal)							

kcal = calories per portion

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Week 4

(Days 22-28)

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Date

Monday (22)

291020		CHUNKY VEGETABLE SOUP <i>(76kcal)</i>	
218211		STEAK & KIDNEY PIE, with mashed potato, carrots & swede <i>(517kcal)</i>	
218264		CHICKEN CURRY, with rice <i>(405kcal)</i>	
218317		FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans <i>(332kcal)</i>	
217407		CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots <i>(400kcal)</i>	
217410		OMELETTE, chips & beans <i>(394kcal)</i>	

293136		RICE PUDDING & APRICOT <i>(189kcal)</i>	
293900		APPLE PIE, with custard <i>(276kcal)</i>	
292122		BLACKCURRANT CHEESECAKE <i>(210kcal)</i>	
FP		FRUIT POT <i>(61-75kcal)</i>	

Tuesday (23)

291013		SCOTCH BROTH SOUP <i>(65kcal)</i>	
294207		CHICKEN HOTPOT with carrots, swede and Romano beans <i>(306kcal)</i>	
218320		FISHCAKES, with diced fried potatoes & peas <i>(361kcal)</i>	
218273		SLICED TURKEY, with roast potatoes, mashed carrot & parsnip, green beans, stuffing & gravy <i>(303kcal)</i>	
217447		VEGETABLE CURRY, with white rice <i>(517kcal)</i>	
217428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas <i>(309kcal)</i>	

293825		GINGER SPONGE, with custard <i>(250kcal)</i>	
293959		RHUBARB CRUMBLE, with custard <i>(304kcal)</i>	
292125		STRAWBERRY MOUSSE <i>(86kcal)</i>	
FP		FRUIT POT <i>(61-75kcal)</i>	

Wednesday (24)

291021		CREAM OF MUSHROOM SOUP <i>(130kcal)</i>	
298235		BANGERS AND MASH (pork) served with peas and mash <i>(417kcal)</i>	
218306		FISHERMAN'S PIE, with carrots & green beans <i>(306kcal)</i>	
298148		LAMB AND VEGETABLE CASSEROLE with mixed root veg and boiled potatoes <i>(330kcal)</i>	
294255		ROOT VEGETABLE SPAGHETTI BOLOGNAISE <i>(324kcal)</i>	
294115		CHEESE, ONION, LEEK POTATO BAKE with diced potatoes, greenbeans and mash root veg <i>(382kcal)</i>	

293142		TREACLE TART, with custard <i>(403kcal)</i>	
293900		APPLE PIE, with custard <i>(292kcal)</i>	
292149		RASPBERRY TRIFLE <i>(211kcal)</i>	
FP		FRUIT POT <i>(61-75kcal)</i>	

Thursday (25)

291029		LENTIL SOUP <i>(125kcal)</i>	
218208		COTTAGE PIE, with carrots, swede & green beans <i>(300kcal)</i>	
298324		LIVER & BACON CASSEROLE served with mashed potatoes, green beans and carrots <i>(316kcal)</i>	
298154		HONEY MUSTARD CHICKEN with mashed potato, mixed veg in a honey and mustard sauce <i>(349kcal)</i>	
217445		VEGETABLE LASAGNE, with carrots & green beans <i>(372kcal)</i>	
217437		MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans <i>(431kcal)</i>	

293135		JAM SPONGE, with custard <i>(291kcal)</i>	
293957		APPLE & BLACKBERRY CRUMBLE with custard <i>(310kcal)</i>	
292124		CHOCOLATE MOUSSE <i>(92kcal)</i>	
FP		FRUIT POT <i>(61-75kcal)</i>	

Friday (26)

291015		PEA & HAM SOUP <i>(134kcal)</i>	
298158		FISH IN CREAMY LEMON SAUCE with diced potatoes, carrots, Romano green beans <i>(320kcal)</i>	
218354		SWEET & SOUR CHICKEN, with rice, red pepper & peas <i>(333kcal)</i>	
298225		PORK LOIN AND STUFFING with mashed potato, carrots and gravy. <i>(303kcal)</i>	
297535		MUSHROOM STROGANOFF with rice and peas, <i>(423kcal)</i>	
217401		MACARONI CHEESE, with carrots, sweetcorn & peas <i>(411kcal)</i>	

293838		BAKEWELL TART, with custard <i>(367kcal)</i>	
293926		SULTANA SPONGE, with custard <i>(238kcal)</i>	
292127		RASPBERRY DESSERT <i>(141kcal)</i>	
FP		FRUIT POT <i>(61-75kcal)</i>	

Saturday (27)

291019		TOMATO SOUP <i>(102kcal)</i>	
294286		HUNTERS CHICKEN with green beans, barbecue sauce, mushrooms and fried diced potatoes <i>(341kcal)</i>	
294259		PORK & MUSHROOM CASSEROLE in a white wine, bacon and creamsauce, with mashed potatoes and mixed veg <i>(338kcal)</i>	
218212		STEAK & MUSHROOM CASSEROLE, with mashed potato, swede, & peas <i>(307kcal)</i>	
217442		CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans <i>(592kcal)</i>	
298500		BUTTERBEAN CURRY WITH YELLOW RICE <i>(413kcal)</i>	

293858		BREAD & BUTTER PUDDING, with custard <i>(236kcal)</i>	
293936		STEWED APPLE, with custard <i>(173kcal)</i>	
292123		COFFEE DESSERT <i>(129kcal)</i>	
FP		FRUIT POT <i>(61-75kcal)</i>	

Sunday (28)

291014		LEEK & POTATO SOUP <i>(127kcal)</i>	
297251		BEEF AND MASH with green beans, peas and gravy <i>(328kcal)</i>	
218322		CUMBERLAND SAUSAGES, with mashed potato, carrots & swede <i>(384kcal)</i>	
218242		MINTED LAMB PIE lamb, leeks and onion topped with shortcrust pastry in a minty gravy with veg <i>(524kcal)</i>	
217428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas <i>(309kcal)</i>	
298196		PROVENÇAL VEGETABLE BAKE with sautéed potatoes and mixed veg <i>(338kcal)</i>	

293133		PLUM & CHERRY PIE, with custard <i>(280kcal)</i>	
293958		APPLE CRUMBLE, with custard <i>(312kcal)</i>	
292126		STRAWBERRY CHEESECAKE <i>(210kcal)</i>	
FP		FRUIT POT <i>(61-75kcal)</i>	

kcal = calories per portion



"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