Health & Independent Living Support

Support at Home

Main Menu

Monday 15th December 2025 to Sunday 28th June 2026

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

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 every six months.

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 Community Team Member 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.

- V — Vegetarian
- GF — 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.
- <15 — Desserts that contain less than 15g sugar per portion.
- P — 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.

Thank you for choosing us to provide your hot lunchtime meal.

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 highest energy meals and desserts ✷ 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 all police checked, and trained in food safety and supporting older people.

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 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.

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)

Weeks beginning:

2025 15th Dec

2026 12th Jan | 9th Feb | 9th March | 6th April | 4th May | 1st June

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ID: TEMP

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Menu inputted on SMARTT ☐

DATE

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Monday	294264		MINTED LAMB PIE, mashed potato, carrots & green beans (524kcal)		293852	V	SPOTTED DICK & Custard (273kcal)
	298154	GF P	!NEW! HONEY & MUSTARD CHICKEN, mashed potato, carrots, green beans, peas & sweetcorn (349kcal)		293959	V <15 P	RHUBARB CRUMBLE & Custard (304kcal)
	297575	P	ALL DAY BREAKFAST (baked beans, hash browns, omelette, pork sausage & bacon) (468kcal)		292123	GF V	COFFEE DESSERT (127kcal)
	294152	V	VEGETABLE LASAGNE, carrots & green beans (480kcal)		FP	GF V	FRUIT POT (61–75 kcal)
Tuesday	294588	GF V	CAULIFLOWER CHEESE & BROCCOLI BAKE, parsley potatoes (444kcal)		293866	V	STICKY TOFFEE PUDDING & Custard (362kcal)
	298214	GF P	STEAK & MUSHROOM CASSEROLE, mashed potato, mashed carrot & broccoli (345kcal)		293900	V <15	APPLE PIE & Custard (292kcal)
	294242		SLICED TURKEY WITH STUFFING, roast potatoes, mashed carrot, swede & cabbage (309kcal)		292149	V	RASPBERRY TRIFLE (211kcal)
	298343	GF V P	OMELETTE, CHIPS & BEANS (493kcal)		FP	GF V	FRUIT POT (61–75 kcal)
Wednesday	298207	GF	BEEF HOTPOT, carrots & green beans (318kcal)		293838	V	BAKEWELL TART & Custard (389kcal)
	294237	GF P	!NEW! SOMERSET CHICKEN PIE(chicken, apple & mushroom in a cheese, cider & mustard sauce, topped with mash), carrots & cabbage (368kcal)		293957	V <15 P	APPLE & BLACKBERRY CRUMBLE & Custard (310kcal)
	294132	P	SALMON CRUMBLE, mashed potato, minted vegetables (504kcal)		293010	V	!NEW! CHOCOLATE SPONGE CAKE (261kcal)
	296694	GF V	VEGETARIAN COTTAGE PIE (Quorn mince), peas & carrots (323kcal)		FP	GF V	FRUIT POT (61–75 kcal)

Thursday	294315	P	!NEW! GAMMON & CHEDDAR PIE, mashed potato & peas (605kcal)		293136	GF V	RICE PUDDING & Apricot (189kcal)
	298502	GF	CHICKEN CURRY (spicy tomato sauce), served with yellow rice (345kcal)		293925	V <15	LEMON SPONGE & Custard (245kcal)
	294201	V	TOMATO MOZZARELLA PASTA (312kcal)		292125	GF V <15	STRAWBERRY MOUSSE (85kcal)
	298343	GF V P	OMELETTE, CHIPS & BEANS (493kcal)		FP	GF V	FRUIT POT (61–75 kcal)
Friday	297530		FISHCAKE (cheesy filling), parsley fried potatoes, mushy peas (381kcal)		293142	V	TREACLE TART & Custard (368kcal)
	298241		IRISH STEW, mashed potato, root vegetables, & savoy cabbage (315kcal)		293936	GF V <15	STEWED APPLE & Custard (173kcal)
	297251	P	BEEF SILVERSIDE WITH MASHED POTATO, yorkshire pudding, green beans, peas & gravy (328kcal)		292122	V	BLACKCURRANT CHEESECAKE (208kcal)
	294152	V	VEGETABLE LASAGNE, carrots & green beans (480kcal)		FP	GF V	FRUIT POT (61–75 kcal)
Saturday	298252	P	CHICKEN & VEGETABLE PIE, mashed potato, carrots, green beans & cauliflower (453kcal)		293141	GF V	BLACKCURRANT SPONGE & Custard (252kcal)
	298505	GF	COTTAGE PIE, served with carrots & peas (300kcal)		293958	V <15	APPLE CRUMBLE & Custard (312kcal)
	298500	GF V	BUTTERBEAN CURRY, served with yellow rice (413kcal)		292127	GF V	RASPBERRY DESSERT (141kcal)
	294588	GF V	CAULIFLOWER CHEESE & BROCCOLI BAKE, parsley potatoes (444kcal)		FP	GF V	FRUIT POT (61–75 kcal)
Sunday	298225		PORK LOIN WITH STUFFING, mashed potato, carrots & savoy cabbage (303kcal)		293842	GF V P	WEST COUNTRY CLOTTED CREAM RICE PUDDING (375kcal)
	298318	GF P	SALMON & BROCCOLI SUPREME, mashed potato, carrots & peas (341kcal)		293906	V <15	BLACKCURRANT PIE & Custard (293kcal)
	294204	P	BEEF LASAGNE, with carrots & Romano beans (509kcal)		292148	V	STRAWBERRY TRIFLE (211kcal)
	298364	GF V	MUSHROOM, LEEK & CHEDDAR BAKE, broccoli & red cabbage (with apple & port) (486kcal)		FP	GF V	FRUIT POT (61–75 kcal)

Nutrition info correct as of 23/10/25

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 2 (Days 8-14)

Weeks beginning:

2025 22nd Dec

2026 19th Jan | 16th Feb | 16th March | 13th April | 11th May | 8th June

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DATE .....

Monday	298160	GF ♥ P	CHICKEN SUPREME, fried diced potato, carrots, green beans & peas (304kcal)		293866	V ✱	STICKY TOFFEE PUDDING & Custard (362kcal)
	294204	✱ P	BEEF LASAGNE, with carrots & Romano beans (509kcal)		293957	V ✱ <15 P	APPLE & BLACKBERRY CRUMBLE & Custard (310kcal)
	298511	V	MACARONI CHEESE, Romano beans (439kcal)		293010	V	!NEW! CHOCOLATE SPONGE CAKE (261kcal)
	298343	GF V P	OMELETTE, CHIPS & BEANS (493kcal)		FP	GF V	FRUIT POT (61–75 kcal)
Tuesday	298148	GF	LAMB & VEGETABLE CASSEROLE, boiled potatoes, mashed carrots & green beans (330kcal)		293838	V ✱	BAKEWELL TART & Custard (389kcal)
	298502	GF ♥	CHICKEN CURRY (spicy tomato sauce), served with yellow rice (345kcal)		293925	V <15	LEMON SPONGE & Custard (245kcal)
	294315	✱ P	!NEW! GAMMON & CHEDDAR PIE, mashed potato & peas (605kcal)		292122	V	BLACKCURRANT CHEESECAKE (208kcal)
	296694	GF V ♥	VEGETARIAN COTTAGE PIE (Quorn mince), peas & carrots (323kcal)		FP	GF V	FRUIT POT (61–75 kcal)
Wednesday	298159	✱ P	BEEF & ALE PIE, mashed potato, carrots & peas (540kcal)		293825	V	GINGER SPONGE & Custard (266kcal)
	297530	♥	FISHCAKE (cheesy filling), parsley fried potatoes, mushy peas (381kcal)		293133	V <15	PLUM & CHERRY PIE & Custard (296kcal)
	298196	GF V ♥	PROVENCALE VEGETABLE BAKE (311kcal)		292124	GF V <15	CHOCOLATE MOUSSE (83kcal)
	298364	GF V	MUSHROOM, LEEK & CHEDDAR BAKE, broccoli & red cabbage (with apple & port) (486kcal)		FP	GF V	FRUIT POT (61–75 kcal)

Thursday

298225		PORK LOIN WITH STUFFING, mashed potato, carrots & savoy cabbage (303kcal)	293135	GF V	JAM SPONGE & Custard (291kcal)
298503	GF ♥ P	CHICKEN & VEGETABLE STEW, mashed potato & peas (321kcal)	293958	V ✳ <15	APPLE CRUMBLE & Custard (312kcal)
298211	✳ P	STEAK & KIDNEY PIE, mashed potato, carrots & peas (553kcal)	292148	V	STRAWBERRY TRIFLE (211kcal)
294588	GF V	CAULIFLOWER CHEESE & BROCCOLI BAKE, parsley potatoes (444kcal)	FP	GF V	FRUIT POT (61–75 kcal)

Friday

294132	✳ P	SALMON CRUMBLE, mashed potato, minted vegetables (504kcal)	293136	GF V	RICE PUDDING & APRICOT (189kcal)
298322		CUMBERLAND SAUSAGES, mashed potato, carrots, peas & gravy (398kcal)	293926	V <15	SULTANA SPONGE & Custard (254kcal)
298500	GF V ♥	BUTTERBEAN CURRY, served with yellow rice (413kcal)	292123	GF V	COFFEE DESSERT (127kcal)
294115	GF V	CHEESE, ONION, LEEK & POTATO BAKE, mashed carrot & swede, green beans (382kcal)	FP	GF V	FRUIT POT (61–75 kcal)

Saturday

297575	P	ALL DAY BREAKFAST (baked beans, hash browns, omelette, pork sausage & bacon) (468kcal)	293140	V	ORANGE SPONGE & Custard (250kcal)
298304	♥ P	BREADED FISH & CHIPS, peas (412kcal)	293900	V <15	APPLE PIE & Custard (292kcal)
294237	GF P	!NEW! SOMERSET CHICKEN PIE(chicken, apple & mushroom in a cheese, cider & mustard sauce, topped with mash), carrots & cabbage (368kcal)	292149		RASPBERRY TRIFLE (211kcal)
294152	V	VEGETABLE LASAGNE, carrots & green beans (480kcal)	FP	GF V	FRUIT POT (61–75 kcal)

Sunday

294549	♥ P	CHICKEN BREAST WITH STUFFING, roast potatoes, carrots, sprouts & gravy (305kcal)	293142	V ✳	TREACLE TART & Custard (368kcal)
298241		IRISH STEW, mashed potato, root vegetables, & savoy cabbage (315kcal)	293959	V ✳ <15 P	RHUBARB CRUMBLE & Custard (304kcal)
294201	V	TOMATO MOZZARELLA PASTA (312kcal)	292126	V	STRAWBERRY CHEESECAKE (208kcal)
296694	GF V ♥	VEGETARIAN COTTAGE PIE (Quorn mince), peas & carrots (323kcal)	FP	GF V	FRUIT POT (61–75 kcal)

Nutrition info correct as of 23/10/25

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 3 (Days 15-21)

Weeks beginning:

2025 **29th Dec**

2026 **26th Jan** **23rd Feb** **23rd March** **20th April** **18th May** **15th June**

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DATE .....

Monday	298154	GF P	!NEW! HONEY & MUSTARD CHICKEN, mashed potato, carrots, green beans, peas & sweetcorn (349kcal)		293858	V P	BREAD & BUTTER PUDDING & Custard (270kcal)
	298514	GF	LANCASHIRE HOTPOT, carrots & peas (376kcal)		293926	V <15	SULTANA SPONGE & Custard (254kcal)
	298159	✳ P	BEEF & ALE PIE, mashed potato, carrots & peas (540kcal)		292148	V	STRAWBERRY TRIFLE (211kcal)
	296694	GF V ♥	VEGETARIAN COTTAGE PIE (Quorn mince), peas & carrots (323kcal)		FP	GF V	FRUIT POT (61–75 kcal)
Tuesday	294315	✳ P	!NEW! GAMMON & CHEDDAR PIE, mashed potato & peas (605kcal)		293135	GF V	JAM SPONGE & Custard (291kcal)
	298503	GF ♥ P	CHICKEN & VEGETABLE STEW, mashed potato & peas (321kcal)		293900	V <15	APPLE PIE & Custard (292kcal)
	298196	GF V ♥	PROVENCALE VEGETABLE BAKE (311kcal)		292124	GF V <15	CHOCOLATE MOUSSE (83kcal)
	298511	V	MACARONI CHEESE, Romano beans (439kcal)		FP	GF V	FRUIT POT (61–75 kcal)
Wednesday	294152	V	VEGETABLE LASAGNE, carrots & green beans (480kcal)		293866	V ✳	STICKY TOFFEE PUDDING & Custard (362kcal)
	298214	GF P	STEAK & MUSHROOM CASSEROLE, mashed potato, mashed carrot & broccoli (345kcal)		293925	V <15	LEMON SPONGE & Custard (245kcal)
	294549	♥ P	CHICKEN BREAST WITH STUFFING, roast potatoes, carrots, sprouts & gravy (305kcal)		292122	V	BLACKCURRANT CHEESECAKE (208kcal)
	298343	GF V P	OMELETTE, CHIPS & BEANS (493kcal)		FP	GF V	FRUIT POT (61–75 kcal)

Thursday

298157	GF, ♥, P	BRAISED STEAK, mashed potato & peas (358kcal)	293141	GF, V	BLACKCURRANT SPONGE & Custard (252kcal)
298160	GF, ♥, P	CHICKEN SUPREME, fried diced potato, carrots, green beans & peas (304kcal)	293958	V, ✳, <15	APPLE CRUMBLE & Custard (312kcal)
294132	✳, P	SALMON CRUMBLE, mashed potato, minted vegetables (504kcal)	292126	V	STRAWBERRY CHEESECAKE (208kcal)
298501	GF, V	CHEESE & ONION PIE (topped with mash), Romano beans (378kcal)	FP	GF, V	FRUIT POT (61–75 kcal)

Friday

298314	GF	FISH IN PARSLEY SAUCE, mashed potato, carrots & peas (308kcal)	293838	V, ✳	BAKEWELL TART & Custard (389kcal)
298207	GF, ♥	BEEF HOTPOT, carrots & green beans (318kcal)	293906	V, <15	BLACKCURRANT PIE & Custard (293kcal)
296694	GF, V, ♥	VEGETARIAN COTTAGE PIE (Quorn mince), peas & carrots (323kcal)	293010	V	!NEW! CHOCOLATE SPONGE CAKE (261kcal)
298364	GF, V	MUSHROOM, LEEK & CHEDDAR BAKE, broccoli & red cabbage (with apple & port) (486kcal)	FP	GF, V	FRUIT POT (61–75 kcal)

Saturday

298507	GF, ♥	SWEET & SOUR CHICKEN, served with white rice (410kcal)	293858	V, P	BREAD & BUTTER PUDDING & Custard (270kcal)
294264	✳	MINTED LAMB PIE, mashed potato, carrots & green beans (524kcal)	293133	V, <15	PLUM & CHERRY PIE & Custard (296kcal)
298322		CUMBERLAND SAUSAGES, mashed potato, carrots, peas & gravy (398kcal)	292125	GF, V, <15	STRAWBERRY MOUSSE (85kcal)
298343	GF, V, P	OMELETTE, CHIPS & BEANS (493kcal)	FP	GF, V	FRUIT POT (61–75 KCAL)

Sunday

297251	P	BEEF SILVERSIDE WITH MASHED POTATO, yorkshire pudding, green beans, peas & gravy (328kcal)	293852	V	SPOTTED DICK & Custard (273kcal)
298252	P	CHICKEN & VEGETABLE PIE, mashed potato, carrots, green beans & cauliflower (453kcal)	293926	V, <15	SULTANA SPONGE & Custard (254kcal)
294255	V, ♥	ROOT VEGETABLE SPAGHETTI BOLOGNAISE (324kcal)	292149	V	RASPBERRY TRIFLE (211kcal)
294588	GF, V	CAULIFLOWER CHEESE & BROCCOLI BAKE, parsley potatoes (444kcal)	FP	GF, V	FRUIT POT (61–75 kcal)

Nutrition info correct as of 23/10/25

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)

Weeks beginning:

2026 | 5th Jan | 2nd Feb | 2nd March | 30th March | 27th April | 25th May | 22nd June

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Menu inputted on SMARTT ☐

DATE .....

Monday	298505	GF ♥	COTTAGE PIE, served with carrots & peas (300kcal)		293140	V	ORANGE SPONGE & Custard (250kcal)
	297575	P	ALL DAY BREAKFAST (baked beans, hash browns, omelette, pork sausage & bacon) (468kcal)		293133	V <15	PLUM & CHERRY PIE & Custard (296kcal)
	298148	GF	LAMB & VEGETABLE CASSEROLE, boiled potatoes, mashed carrots & green beans (330kcal)		292149	V	RASPBERRY TRIFLE (211kcal)
	298343	GF V P	OMELETTE, CHIPS & BEANS (493kcal)		FP	GF V	FRUIT POT (61–75 kcal)
Tuesday	294549	♥ P	CHICKEN BREAST WITH STUFFING, roast potatoes, carrots, sprouts & gravy (305kcal)		293142	V ✳	TREACLE TART & Custard (368kcal)
	294132	✳ P	SALMON CRUMBLE, mashed potato, minted vegetables (504kcal)		293959	V ✳ <15 P	RHUBARB CRUMBLE & Custard (304kcal)
	298500	GF V ♥	BUTTERBEAN CURRY, served with yellow rice (413kcal)		292122	V	BLACKCURRANT CHEESECAKE (208kcal)
	298501	GF V	CHEESE & ONION PIE (topped with mash), Romano beans (378kcal)		FP	GF V	FRUIT POT (61–75 kcal)
Wednesday	298514	GF	LANCASHIRE HOTPOT, carrots & peas (376kcal)		293858	V P	BREAD & BUTTER PUDDING & Custard (270kcal)
	298507	GF ♥	SWEET & SOUR CHICKEN, served with white rice (410kcal)		293900	V <15	APPLE PIE & Custard (292kcal)
	298211	✳ P	STEAK & KIDNEY PIE, mashed potato, carrots & peas (553kcal)		292127	GF V	RASPBERRY DESSERT (141kcal)
	294588	GF V	CAULIFLOWER CHEESE & BROCCOLI BAKE, parsley potatoes (444kcal)		FP	GF V	FRUIT POT (61–75 kcal)

Thursday

298322		CUMBERLAND SAUSAGES, mashed potato, carrots, peas & gravy (398kcal)	293825	V	GINGER SPONGE & Custard (266kcal)
294237	GF P	!NEW! SOMERSET CHICKEN PIE(chicken, apple & mushroom in a cheese, cider & mustard sauce, topped with mash), carrots & cabbage (368kcal)	293906	V <15	BLACKCURRANT PIE & Custard (293kcal)
298364	GF V	MUSHROOM, LEEK & CHEDDAR BAKE, broccoli & red cabbage (with apple & port) (486kcal)	292123	GF V	COFFEE DESSERT (127kcal)
294152	V	VEGETABLE LASAGNE, carrots & green beans (480kcal)	FP	GF V	FRUIT POT (61–75 kcal)

Friday

298318	GF ♥ P	SALMON & BROCCOLI SUPREME, mashed potato, carrots & peas (341kcal)	293866	V ✳	STICKY TOFFEE PUDDING & Custard (362kcal)
298157	GF ♥ P	BRAISED STEAK, mashed potato & peas (358kcal)	293925	V <15	LEMON SPONGE & Custard (245kcal)
294315	✳ P	!NEW! GAMMON & CHEDDAR PIE, mashed potato & peas (605kcal)	292148	V	STRAWBERRY TRIFLE (211kcal)
296694	GF V ♥	VEGETARIAN COTTAGE PIE (Quorn mince), peas & carrots (323kcal)	FP	GF V	FRUIT POT (61–75 kcal)

Saturday

298159	✳ P	BEEF & ALE PIE, mashed potato, carrots & peas (540kcal)	293841	GF V	RICE & STEWED APPLE (177kcal)
298162	GF ♥ P	CHICKEN CHASSEUR, fried diced potatoes, green beans & peas (325kcal)	293926	V <15	SULTANA SPONGE & Custard (254kcal)
294255	V ♥	ROOT VEGETABLE SPAGHETTI BOLOGNAISE (324kcal)	292124	GF V <15	CHOCOLATE MOUSSE (83kcal)
294152	V	VEGETABLE LASAGNE, carrots & green beans (480kcal)	FP	GF V	FRUIT POT (61–75 KCAL)

Sunday

294242		SLICED TURKEY WITH STUFFING, roast potatoes, mashed carrot, swede & cabbage (309kcal)	293838	V ✳	BAKEWELL TART & Custard (389kcal)
294204	✳ P	BEEF LASAGNE, with carrots & Romano beans (509kcal)	293957	V ✳ <15 P	APPLE & BLACKBERRY CRUMBLE & Custard (310kcal)
298304	♥ P	BREADED FISH & CHIPS, peas (412kcal)	293010	V	!NEW! CHOCOLATE SPONGE CAKE (261kcal)
294115	GF V	CHEESE, ONION, LEEK & POTATO BAKE, mashed carrot & swede, green beans (382kcal)	FP	GF V	FRUIT POT (61–75 kcal)

Nutrition info correct as of 23/10/25

HILS Breakfast & 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.

A great way to start the day

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.

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 2EU

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, Caterine Street, St Albans, AL3 5BU

Tel: 01727 847 264

hertsmeals@hils-uk.org

HILS Health & Independent Living Support