



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.

-  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.

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

Menu inputted on SMARTT ☐

DATE

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

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

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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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Menu inputted on SMARTT ☐

DATE

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

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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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Menu inputted on SMARTT

DATE

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

Thursday	298157	  	BRAISED STEAK, mashed potato & peas (358kcal)		293141	 	BLACKCURRANT SPONGE & Custard (252kcal)	
	298160	  	CHICKEN SUPREME, fried diced potato, carrots, green beans & peas (304kcal)		293958	  	APPLE CRUMBLE & Custard (312kcal)	
	294132	 	SALMON CRUMBLE, mashed potato, minted vegetables (504kcal)		292126		STRAWBERRY CHEESECAKE (208kcal)	
	298501	 	CHEESE & ONION PIE (topped with mash), Romano beans (378kcal)		FP	 	FRUIT POT (61–75 kcal)	
Friday	298314		FISH IN PARSLEY SAUCE, mashed potato, carrots & peas (308kcal)		293838	 	BAKEWELL TART & Custard (389kcal)	
	298207	 	BEEF HOTPOT, carrots & green beans (318kcal)		293906	 	BLACKCURRANT PIE & Custard (293kcal)	
	296694	  	VEGETARIAN COTTAGE PIE (Quorn mince), peas & carrots (323kcal)		293010		!NEW! CHOCOLATE SPONGE CAKE (261kcal)	
	298364	 	MUSHROOM, LEEK & CHEDDAR BAKE, broccoli & red cabbage (with apple & port) (486kcal)		FP	 	FRUIT POT (61–75 kcal)	
Saturday	298507	 	SWEET & SOUR CHICKEN, served with white rice (410kcal)		293858	 	BREAD & BUTTER PUDDING & Custard (270kcal)	
	294264		MINTED LAMB PIE, mashed potato, carrots & green beans (524kcal)		293133	 	PLUM & CHERRY PIE & Custard (296kcal)	
	298322		CUMBERLAND SAUSAGES, mashed potato, carrots, peas & gravy (398kcal)		292125	  	STRAWBERRY MOUSSE (85kcal)	
	298343	  	OMELETTE, CHIPS & BEANS (493kcal)		FP	 	FRUIT POT (61–75 KCAL)	
Sunday	297251		BEEF SILVERSIDE WITH MASHED POTATO, yorkshire pudding, green beans, peas & gravy (328kcal)		293852		SPOTTED DICK & Custard (273kcal)	
	298252		CHICKEN & VEGETABLE PIE, mashed potato, carrots, green beans & cauliflower (453kcal)		293926	 	SULTANA SPONGE & Custard (254kcal)	
	294255	  	ROOT VEGETABLE SPAGHETTI BOLOGNAISE (324kcal)		292149		RASPBERRY TRIFLE (211kcal)	
	294588	 	CAULIFLOWER CHEESE & BROCCOLI BAKE, parsley potatoes (444kcal)		FP	 	FRUIT POT (61–75 kcal)	

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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	 	COTTAGE PIE, served with carrots & peas (300kcal)	☐	293140		ORANGE SPONGE & Custard (250kcal)	☐
	297575		ALL DAY BREAKFAST (baked beans, hash browns, omelette, pork sausage & bacon) (468kcal)	☐	293133	 	PLUM & CHERRY PIE & Custard (296kcal)	☐
	298148		LAMB & VEGETABLE CASSEROLE, boiled potatoes, mashed carrots & green beans (330kcal)	☐	292149		RASPBERRY TRIFLE (211kcal)	☐
	298343	  	OMELETTE, CHIPS & BEANS (493kcal)	☐	FP	 	FRUIT POT (61-75 kcal)	☐
Tuesday	294549	 	CHICKEN BREAST WITH STUFFING, roast potatoes, carrots, sprouts & gravy (305kcal)	☐	293142	 	TREACLE TART & Custard (368kcal)	☐
	294132	 	SALMON CRUMBLE, mashed potato, minted vegetables (504kcal)	☐	293959	   	RHUBARB CRUMBLE & Custard (304kcal)	☐
	298500	  	BUTTERBEAN CURRY, served with yellow rice (413kcal)	☐	292122		BLACKCURRANT CHEESECAKE (208kcal)	☐
	298501	 	CHEESE & ONION PIE (topped with mash), Romano beans (378kcal)	☐	FP	 	FRUIT POT (61-75 kcal)	☐
Wednesday	298514		LANCASHIRE HOTPOT, carrots & peas (376kcal)	☐	293858	 	BREAD & BUTTER PUDDING & Custard (270kcal)	☐
	298507	 	SWEET & SOUR CHICKEN, served with white rice (410kcal)	☐	293900	 	APPLE PIE & Custard (292kcal)	☐
	298211	 	STEAK & KIDNEY PIE, mashed potato, carrots & peas (553kcal)	☐	292127	 	RASPBERRY DESSERT (141kcal)	☐
	294588	 	CAULIFLOWER CHEESE & BROCCOLI BAKE, parsley potatoes (444kcal)	☐	FP	 	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 V P	SALMON & BROCCOLI SUPREME, mashed potato, carrots & peas (341kcal)		293866	V *	STICKY TOFFEE PUDDING & Custard (362kcal)	
	298157	GF V 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 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 V P	CHICKEN CHASSEUR, fried diced potatoes, green beans & peas (325kcal)		293926	V <15	SULTANA SPONGE & Custard (254kcal)	
	294255	V 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	V 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)	

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



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

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
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Health & Independent Living Support