

Hertfordshire Lunch Club Menu



Delivered to
your lunch club
by our caring
team



Health & Independent
Living Support

2025/2026

Thank you for choosing us

Welcome to our Lunch Club Service

We are proud of both the quality and variety of our balanced, nutritious meals, which adhere to strict national care catering guidance.

Our menu repeats every four weeks and offers a variety of delicious options to choose from.

How to order

Step 1: Choose up to three main dishes from the meat, fish and vegetarian options. Then, select up to four side dishes from a variety of potatoes, rice, and vegetables. Finally, choose up to two desserts from our range. You can also add individual portions of cold or reduced sugar desserts for those following a diabetic diet.

Step 2: Tell your Lunch Club Coordinator the number of attendees and their meal choices **at least one week before the delivery date**. These orders must be made by 12pm in order for them to be fulfilled. Last minute adjustments can be made for free up to 9am on the day of delivery.

You may choose from any of the options on the week your club meets, but it must be from that particular week (dates can be found at the top of the menu pages).

Food comes in multi-portion containers to serve from. If your total attendee number is below four people, we will send individual meals.



Dietary Needs & Menu Codes

Diabetes - All our meals are suitable for people with diabetes. However, food choices are an important part of diabetes management. Your clients may wish to choose our desserts that contain no more than 15g of sugar per portion.

Allergies & intolerances - Allergens are clearly marked in **bold** on the list of ingredients on our meal packaging. Call us if your clients require help choosing appropriate meals.

Poor appetite - Any lunch club member who is underweight, or experiencing a poor appetite or unintentional weight loss, may wish to opt for meals and desserts marked with  to help with weight maintenance. Call us for further information on how to support clients who may be at risk of malnutrition.

Texture-modified meals - If a health professional has advised your client to have a particular texture of food, such as pureed meals, or they would like to opt for a modified texture meal out of personal choice, please call us to speak about our full range.

Cultural & religious choices - We can cater for a range of diets including Halal, Kosher, and West Indian & Caribbean.



Dishes that are free from gluten and suitable if you have coeliac disease or an intolerance to gluten



Main options that contain more than 15g of protein per portion, and desserts that contain more than 5g of protein.



Dishes suitable for people following a vegetarian diet



Desserts that contain no more than 15g sugar per portion (made with sugar & sweetener)



Main course options that provide at least 350 calories and 10g of protein per portion & desserts that provide at least 300 calories and 3g of protein per portion served with custard.

Mains

Please choose up to **THREE** options

437	Chicken & Ham Pie with Flaky Pastry Top (239kcal per 178g portion) P	456	Chicken Tikka Masala GF P (174kcal per 163g portion)	115	Beef Bolognese with Pasta P (249kcal per 225g portion)
114	Cottage Pie GF P (221kcal per 200g portion)	505	Breaded Cod (230kcal per 100g portion)	703	Vegetable Lasagne V * (350kcal per 250g portion)
200	Roast Pork in Gravy GF P 148kcal 170g portion	433	Chicken, Cheese and Bacon Bake GF * (351kcal per 200g portion)	947	Lentil & Vegetable Flaky Top Pie V * (353kcal per 250g portion)

Sides 1

Please choose up to **TWO** options - all options are **GF** **V**

789	Wedges (107kcal)	909	Colcannon Mash (80kcal)
752	Boiled Potatoes (93kcal)	754	Croquettes (152kcal)
796	Minted Boiled Potatoes (103kcal)	787	Mashed Potatoes (122kcal)
913	Dauphinoise Potatoes (100kcal)	745	Sauté Potatoes (117kcal)
746	West Country Cheddar Mash (150kcal)	765	White Rice (146kcal)
751	Roast Potatoes (113kcal)	970	Baby Potatoes (69kcal)
255100	Yorkshire Puddings (45kcal per item) (Not gluten free)		

Sides 2

Please choose up to **TWO** options. - all options are **GF** **V**

740	Broccoli (29kcal)	764	Sliced Carrots (31kcal)
791	Mashed Root Veg (45kcal)	762	Mixed Veg (42kcal)
775	Sweetcorn (101kcal)	771	Mashed Swede (29kcal)
756	Peas (78kcal)	701	Cauliflower Cheese (125kcal)
761	Cut Green Beans (35kcal)	982	Cabbage (32kcal)
768	Minted Summer Veg (118kcal)	770	Veg Medley (51kcal)
		759	Brussels Sprouts (44kcal)

Calories (kcal) for sides are written per 100g portion

Desserts

Please choose up to **TWO** dessert options. Cold and reduced sugar puddings are individual portions and can be added additionally.

800	Bread and Butter Pudding V P * (298kcal per 155g portion)	839	Clotted Cream Rice Pudding V GF * (328kcal per 140g portion)	2122	Blackcurrant Cheesecake* V (208kcal)
801	Apple Crumble V P * (299kcal per 140g portion)	2124/5	Chocolate/Strawberry Mousse* V GF <15 (92/86kcal per pot)	293926	Reduced Sugar Sultana Sponge* <15 V (238kcal)
840	Sticky Toffee Pudding * V (394kcal per 115g portion)	2148	Strawberry Trifle* V (211kcal)	FP	Fruit Pot* (66kcal) V GF

Mains

Please choose up to **THREE** options

429	Chicken & Vegetable Casserole (133Kcal per 175g portion) GF P	600	Sausages in Onion Gravy (247Kcal per 220g portion)	532	Smoked Haddock & Spinach Crumble (355Kcal per 186g portion) P
100	Roast Beef in Gravy (141Kcal per 157g portion) GF P	234	Sliced Gammon & Pineapple (137Kcal per 130g portion) GF P	741	Penne Pasta in Tomato & Basil Sauce (241Kcal per 225g portion) V
133	Steak Pie with Flaky Pastry Top (352Kcal per 216g portion) P *	449	Chicken Korma (227Kcal per 150g portion) GF P	708	Vegetarian Cottage Pie (241Kcal per 225g portion) GF V

Sides 1

Please choose up to **TWO** options - all options are GF V

789	Wedges (107kcal)	909	Colcannon Mash (80kcal)
752	Boiled Potatoes (93kcal)	754	Croquettes (152kcal)
796	Minted Boiled Potatoes (103kcal)	787	Mashed Potatoes (122kcal)
913	Dauphinoise Potatoes (100kcal)	745	Sauté Potatoes (117kcal)
		765	White Rice (146kcal)
746	West Country Cheddar Mash (150kcal)	970	Baby Potatoes (69kcal)
751	Roast Potatoes (113kcal)	255100	Yorkshire Puddings (45kcal (Not gluten free) per item)

Sides 2

Please choose up to **TWO** options - all options are GF V

740	Broccoli (29kcal)	764	Sliced Carrots (31kcal)
791	Mashed Root Veg (45kcal)	762	Mixed Veg (42kcal)
775	Sweetcorn (101kcal)	771	Mashed Swede (29kcal)
756	Peas (78kcal)	701	Cauliflower Cheese(125kcal)
761	Cut Green Beans (35kcal)	982	Cabbage (32kcal)
768	Minted Summer Veg (118kcal)	770	Veg Medley (51kcal)
		759	Brussels Sprouts (44kcal)

Calories (kcal) for sides are written per 100g portion

Desserts

Please choose up to **TWO** dessert options. Cold and reduced sugar puddings are individual portions and can be added additionally.

823	Bakewell Tart (419kcal per 112g portion) V P *	806	Chocolate Chip Sponge (280kcal per 74g portion) P V *	2149	Raspberry Trifle* V
813	Rhubarb Crumble (287kcal per 140g portion) V P *	2124/5	Chocolate/Strawberry Mousse* (92/86kcal per pot) V GF <15	293925	Reduced Sugar Lemon Sponge* V <15
811	Syrup Sponge (351kcal per 96g portion) V *	2126	Strawberry Cheesecake* (208kcal per cheesecake) V	FP	Fruit Pot* (66kcal)

Mains

Please choose up to **THREE** options

445 Sliced Chicken in Gravy  
(130Kcal per 170g portion)

312 Shepherd's Pie  
(295Kcal per 200g portion)

410 Sweet and Sour Chicken  
(170Kcal per 170g portion)

505 Breaded Cod
(230Kcal per 100g portion)

233 Ham and Leek Crumble  
(367Kcal per 220g portion)

453 Chicken & Sweetcorn Bake 
(247Kcal per 225g portion)

101 Beef Lasagne  
(357Kcal per 200g portion)

703 Vegetable Lasagne  
(350Kcal per 250g portion)

943 Bean Chilli  
(228Kcal per 265g portion)

Sides 1

Please choose up to **TWO** options - all options are  

789 Wedges (107kcal)

909 Colcannon Mash (80kcal)

752 Boiled Potatoes (93kcal)

754 Croquettes (152kcal)

796 Minted Boiled Potatoes (103kcal)

787 Mashed Potatoes (122kcal)

913 Dauphinoise Potatoes (100kcal)

745 Sauté Potatoes (117kcal)

746 West Country Cheddar Mash (150kcal)

765 White Rice (146kcal)

751 Roast Potatoes (113kcal)

970 Baby Potatoes (69kcal)

255100 Yorkshire Puddings (45kcal per item)
(Not gluten free)

Sides 2

Please choose up to **TWO** options - all options are  

740 Broccoli (29kcal)

764 Sliced Carrots (31kcal)

791 Mashed Root Veg (45kcal)

762 Mixed Veg (42kcal)

775 Sweetcorn (101kcal)

771 Mashed Swede (29kcal)

756 Peas (78kcal)

701 Cauliflower Cheese (125kcal)

761 Cut Green Beans (35kcal)

982 Cabbage (32kcal)

768 Minted Summer Veg (118kcal)

770 Veg Medley (51kcal)

759 Brussels Sprouts (44kcal)

Calories (kcal) for sides are written per 100g portion

Desserts

Please choose up to **TWO** dessert options. Cold and reduced sugar puddings are individual portions and can be added additionally.

840 Sticky Toffee Pudding   (394kcal per 115g portion)

808 Mixed Fruit Pie   (376 kcal per 140g portion)

2124/5 Chocolate/Strawberry Mousse*   
(92/86 kcal per pot)

817 Jamaican Ginger Pud & Orange Sauce  
(348 kcal per 105g portion)

2148 Strawberry Trifle*  (221kcal)

293959 R. Sugar Rhubarb Crumble*    
(304 kcal)

851 Pineapple Sponge   (276 kcal per 97g portion)

2122 Blackcurrant Cheesecake*  (208kcal)

FP Fruit Pot*   (66 kcal)

Mains

Please choose up to **THREE** options

600	Sausages in Onion Gravy (247kcal per 220g portion)	114	Cottage Pie   (221kcal per 200g portion)	103	Beef Casserole   (203kcal per 180g portion)
100	Roast Beef in Gravy   (141kcal per 157g portion)	620	Pasta Carbonara   (337kcal per 230g portion)	708	Vegetarian Cottage Pie   (241kcal per 255g portion)
529	Fish Pie   (271kcal per 200g portion)	456	Chicken Tikka Masala   (174kcal per 163g portion)	951	Katsu Curry    (366kcal per 240g portion)

Sides 1

Please choose up to **TWO** options - all options are

789	Wedges (107kcal)	909	Colcannon Mash (80kcal)
752	Boiled Potatoes (93kcal)	754	Croquettes (152kcal)
796	Minted Boiled Potatoes (103kcal)	787	Mashed Potatoes (122kcal)
913	Dauphinoise Potatoes (100kcal)	745	Sauté Potatoes (117kcal)
746	West Country Cheddar Mash (150kcal)	765	White Rice (146kcal)
751	Roast Potatoes (113kcal)	970	Baby Potatoes (69kcal)
255100	Yorkshire Puddings (45kcal per item) (Not gluten free)		

Sides 2

Please choose up to **TWO** options - all options are

740	Broccoli (29kcal)	764	Sliced Carrots (31kcal)
791	Mashed Root Veg (45kcal)	762	Mixed Veg (42kcal)
775	Sweetcorn (101kcal)	771	Mashed Swede (29kcal)
756	Peas (78kcal)	701	Cauliflower Cheese (125kcal)
761	Cut Green Beans (35kcal)	982	Cabbage (32kcal)
768	Minted Summer Veg (118kcal)	770	Veg Medley (51kcal)
		759	Brussels Sprouts (44kcal)

Calories (kcal) for sides are written per 100g portion

Desserts

Please choose up to **TWO** dessert options. Cold and reduced sugar puddings are individual portions and can be added additionally.

805	Apple Sponge   (264 kcal per 97g portion)	823	Bakewell Tart    (443kcal per 113g portion)	2124/5	Chocolate or Strawberry Mousse*    (92/86 kcal per pot)
831	Apricot Crumble   (287 kcal per 140g portion)	2126	Strawberry Cheesecake*  (208 kcal per cheesecake)	293924	R. Sugar Golden Syrup Sponge*   (233 kcal)
806	Chocolate Chip Sponge    (280 kcal per 74g portion)	2149	Raspberry Trifle*  (211 kcal)	FP	Fruit Pot*   (66 kcal)

We hope you enjoy your Lunch Club Service!



Contact us

You can call or email our local teams to amend or cancel your meals. Out of hours, you can also leave a message on our answering machine which is checked every morning or on the below email addresses relevant to your area.

0330 2000 103

Letchworth

Hemel Hempstead

St Albans

Hertford

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lunchclubshemel@hils-uk.org

lunchclubsletchworth@hils-uk.org
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