



Health & Independent
Living Support

Breakfast and Tea Menu

Delivered
at lunch time
for you to
enjoy at your
convenience



Support at Home

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 operate
365
days of the
year!

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

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 anytime. 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.

Menu Codes

 **Sandwiches that contain at least 400 calories and snacks containing at least 200 calories per portion** (these are the highest energy options on our menu).

 **Vegetarian**

 **Vegan**

We hope you enjoy browsing our tea and breakfast menu.

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.

Special Dietary Needs

We cater for a range of dietary needs and preference

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.

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.

Diabetes

All of our menu choices can usually be included for people with diabetes unless you have been advised otherwise by a health professional. We don't label items as "suitable for diabetes" because diabetes needs can vary. If you need support with your choices and carbohydrate information please contact us, we can also provide carbohydrate information.

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.

A great way
to start
the day

Breakfast

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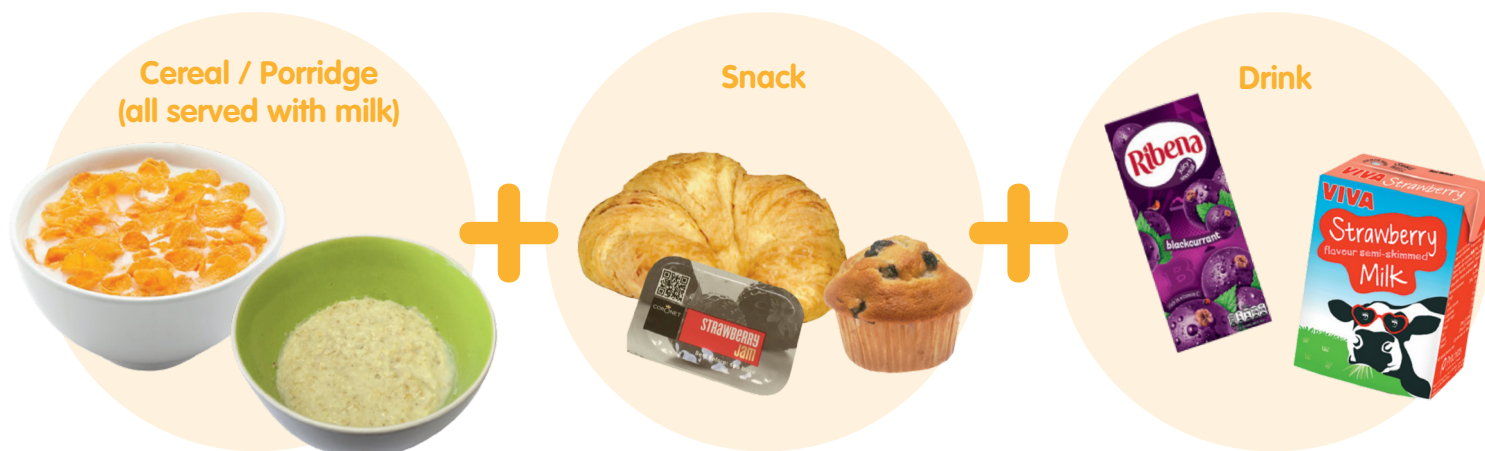
ID: TEMP.....

Inputted

☐

Date.....

What's included in the HILS Breakfast Service?



First select which **cereal** you would like:

			Mon	Tue	Wed	Thu	Fri	Sat	Sun
Section 1, Cereals	145866	☒	Alpen Muesli and Milk (264kcal)	☐	☐	☐	☐	☐	☐
	145867	☒	Alpen Muesli (no added sugar) and Milk (262kcal)	☐	☐	☐	☐	☐	☐
	189894	☒	Kellogg's Fruit & Fibre and Milk (267kcal)	☐	☐	☐	☐	☐	☐
	101062	☒	Kellogg's Cornflakes and Milk (187kcal)	☐	☐	☐	☐	☐	☐
	140278	☒	Quaker Porridge Sachet and Milk (requires heating) (180kcal when prepared with 180ml milk)	☐	☐	☐	☐	☐	☐
	101071	☒	Kellogg's Rice Krispies and Milk (180kcal)	☐	☐	☐	☐	☐	☐
	N/BR/MAIN		No cereal required	☐	☐	☐	☐	☐	☐

...next select which **snack** you would like:

			Mon	Tue	Wed	Thu	Fri	Sat	Sun
Section 2, Snacks	142095	☒	Fruit Yoghurt - Various Flavours (50kcal)	☐	☐	☐	☐	☐	☐
	140855	☒	Fruit Pot - Peach and Pear in Juice (67kcal)	☐	☐	☐	☐	☐	☐
	161375	☒	Kellogg's Frosties Cereal Bar (104kcal)	☐	☐	☐	☐	☐	☐
	181350	☒	Kellogg's Coco pops Cereal Bar (83kcal)	☐	☐	☐	☐	☐	☐
	172550	☒	Croissant and Jam (219kcal)	☐	☐	☐	☐	☐	☐
	172551	☒	Pain au Chocolat (208kcal)	☐	☐	☐	☐	☐	☐
	193017	☒	Double Chocolate Chip Mini Muffin (204kcal)	☐	☐	☐	☐	☐	☐
	137244	☒	Blueberry Mini Muffin (110kcal)	☐	☐	☐	☐	☐	☐
	N/BR/SNCK		No snack required	☐	☐	☐	☐	☐	☐

...finally let us know which **drink** you would like:

			Mon	Tue	Wed	Thu	Fri	Sat	Sun
Section 3, Drinks	188939	☒	Strawberry Milk (92kcal)	☐	☐	☐	☐	☐	☐
	137047	☒	Chocolate Milk (94kcal)	☐	☐	☐	☐	☐	☐
	180427	☒	Orange Juice (95kcal)	☐	☐	☐	☐	☐	☐
	180426	☒	Apple Juice (96kcal)	☐	☐	☐	☐	☐	☐
	160636	☒	Ribena (48kcal)	☐	☐	☐	☐	☐	☐
	156288	☒	Water	☐	☐	☐	☐	☐	☐
	124638	☒	Hot Chocolate Sachet (107kcal)	☐	☐	☐	☐	☐	☐
	131929	☒	Nescafé Cappuccino Sachet (68kcal)	☐	☐	☐	☐	☐	☐
	N/BR/DRNK		No drink required	☐	☐	☐	☐	☐	☐

PLEASE NOTE: ALL cancellations or changes 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.

Enjoy an evening snack

Tea

FOR OFFICE USE ONLY

ID: TEMP.....

Inputted

Date.....

What's included in the HILS Tea Service?



First select which **Main** you would like:

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Section 1, Mains	CT/SS	☒	☒					
	921	☒						
	913	☒						
	902	☒						
	910	☒	☒					
	923	☒						
	922	☒	☒					
	917							
	915							
	94	☒						
	92							
	91							
	99							
	98							
	924							
	918	☒						
	912	☒	☒					
	N/TEA/MAIN							

...next select which **dessert** you would like:

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Section 2, Desserts	DES/FY/RP	☒						
	40855	☒						
	12573	☒						
	99123	☒						
	99115	☒						
	07252	☒						
	07253	☒						
	07254	☒						
	50635	☒						
	11318	☒						
	N/T/DESS							

...finally let us know which **snack** you would like:

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Section 3, Snacks	002328	☒						
	19333	☒	☒					
	20028	☒	☒					
	293017	☒	☒					
	37244	☒						
	N/SNCK							

PLEASE NOTE: ALL cancellations or changes 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.



Active Ageing Exercise at Home

Would you like support with becoming more active and mobile?

HILS' **free** Active Ageing service is available for anyone over 65 living in Hertfordshire.

Active Ageing provides up to 8 weeks of tailored one to one exercise support in your home for one hour each week. Instructors will come to your home and show you safe exercises to suit your ability and personal goals. Our instructors can help you get more physically active and mobile, build your confidence, and feel better, by:

- Showing you how to do the exercises safely and how to make them fun
- Giving you the confidence to carry on exercising at home between sessions and after finishing the programme
- Providing information about local activity groups you might enjoy



How can I sign up?

You can refer yourself or someone you know by visiting our website:

www.hils-uk.org/support-at-home/exercise-at-home, by calling

0330 2000 103, or by scanning this QR code to download our referral form.



Nutrition Service

Our Nutrition Service

Our Nutrition & Wellbeing service is available free of charge to all meals clients.

- Nutrition and wellbeing checks, either in your own home or over the phone for a period of up to 3 months
- Nutrition and wellbeing education for our clients, their families, carers, and professionals
- Resources and information
- Referrals to additional services to provide you with the support you need



Call us on 0330 2000 103 or email us at info@hils-uk.org today to find out more, or visit our website www.hils-uk.org

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.

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.



**Our sites are open from
8am until 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.**

**Contact us on:
0330 2000 103
hertsmeals@hils-uk.org
www.hils-uk.org**