



**Health & Independent
Living Support**

Main Menu

Monday 28th September 2026 to Sunday 26th September 2027



Support at Home

Please complete:

Name.....

Address.....

Date completed.....

**To get in touch with us please
call 0330 2000 103
or email: hampshire@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 to offer variety and includes options to suit different tastes and dietary requirements.

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, one dessert and an optional soup 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. Contains sweeteners.
-  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

If you have any dietary requirements, or need support to make your menu choices, you can give us a call.

Diabetes

All our meals and desserts 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 people's diabetes needs can vary. You may find our menu codes, such as the Healthier Choice symbol  and <15g sugar symbol  helpful when choosing meals. If you're counting carbohydrates, just ask we can provide carbohydrate information. If you take diabetes medication, it's important to speak to your healthcare team before making changes to your usual carbohydrate intake.

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!

As well as delivering nutritious meals, our team provides regular wellbeing checks and a friendly face at the door.

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.

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 11:15am and 2:15pm by our dedicated and caring Community Team Members who are all police checked, and trained in food safety and supporting older people.



The friends and families of our clients tell us that knowing HILS is visiting brings reassurance and confidence that their loved one is safe and well.



Our Nutrition Service

Sometimes a little extra support can make a big difference. HILS provides a free specialist Nutrition & Wellbeing team for our meals on wheels clients, helping them stay healthy, well-nourished and independent at home. The service includes:

- Nutrition and wellbeing checks 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

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:

- 202628th Sep26th Oct23rd Nov21st Dec
- 202718th Jan15th Feb15th Mar12th April10th May7th June5th July2nd Aug30th Aug

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DATE

Monday (1)	217162	V GF P ★	TOMATO & LENTIL SOUP (213kcal)		
	298157	GF P ♥	BRAISED STEAK, mashed potato & peas (358kcal)		
	294237	GF P	SOMERSET CHICKEN PIE(chicken, apple & mushroom in a cheese, cider & mustard sauce, topped with mash), carrots & cabbage (368kcal)		
	298314	GF	FISH IN PARSLEY SAUCE, mashed potato, carrots & green beans (304kcal)		
	298343	GF P V	OMELETTE, CHIPS & BEANS (493kcal)		
Tuesday (2)	291021	V GF P ★	CREAM OF MUSHROOM SOUP (129kcal)		
	298164	V P	VEGETARIAN SAUSAGE & MASH, green beans & peas seasoned with mint & pepper (456kcal)		
	298159	P ★	BEEF & ALE PIE (pastry top), mashed potato, carrots & peas (540kcal)		
	297580	P	CHICKEN BREAST & STUFFING, roast potatoes, gravy, broccoli & Romano beans (338kcal)		
	298364	V GF	MUSHROOM, LEEK & CHEDDAR BAKE, broccoli & red cabbage (with apple & port) (486kcal)		
Wednesday (3)	291029	V GF P ★	LENTIL SOUP (125kcal)		
	294264	★	MINTED LAMB PIE (pastry top), mashed potato, carrots & green beans (524kcal)		
	298507	GF ♥	SWEET & SOUR CHICKEN, served with white rice (410kcal)		
	298505	GF ♥	COTTAGE PIE, served with carrots & peas (300kcal)		
	294115	V GF	CHEESE, ONION, LEEK & POTATO BAKE, mashed root veg, green beans (382kcal)		
	293128	V ★	SUMMER FRUIT CRUMBLE & Custard (314kcal)		
	293925	V <15	LEMON SPONGE & Custard (245kcal)		
	293010	V	CHOCOLATE SPONGE CAKE (261kcal)*		
	FP	V	FRUIT POT (61-75kcal) no gluten-containing ingredients		
	293852	V	SPOTTED DICK & Custard (260kcal)		
	293936	V GF <15	STEWED APPLE & Custard (173kcal)		
	292148	V	STRAWBERRY TRIFLE (211kcal)		
	FP	V	FRUIT POT (61-75kcal) no gluten-containing ingredients		
	293136	V GF	RICE PUDDING & APRICOT (189kcal)		
	293957	V P ★ <15	APPLE & BLACKBERRY CRUMBLE & Custard (310kcal)		
	292124	V GF <15	CHOCOLATE MOUSSE (83kcal)		
	FP	V	FRUIT POT (61-75kcal) no gluten-containing ingredients		

Thursday (4)	291009	  	CHICKEN SOUP (138kcal)		
	297260	 	CHICKEN & MUSHROOM PIE (puff pastry top), mashed potato, carrots & green beans (513kcal)		293819  SYRUP SPONGE & Custard (294kcal)
	294204	 	BEEF LASAGNE, with carrots & Romano beans (509kcal)		293906   BLACKCURRANT PIE & Custard (293kcal)
	294201		TOMATO MOZZARELLA PASTA (312kcal)		292126  STRAWBERRY CHEESECAKE (208kcal)
	294588	 	CAULIFLOWER CHEESE & BROCCOLI BAKE, parsley potatoes (444kcal)		FP  FRUIT POT (61-75kcal) no gluten-containing ingredients
Friday (5)	217145	  	CHEESY LEEK & POTATO SOUP (219kcal)		
	298318	  	SALMON & BROCCOLI SUPREME, mashed potato, carrots & peas (341kcal)		293838   BAKEWELL TART & Custard (389kcal)
	298211	 	STEAK & KIDNEY PIE (pastry top), mashed potato, carrots & peas (553kcal)		293926   SULTANA SPONGE & Custard (254kcal)
	298507	 	SWEET & SOUR CHICKEN, served with white rice (410kcal)		292149  RASPBERRY TRIFLE (211kcal)
	294152		VEGETABLE LASAGNE, carrots & green beans (480kcal)		FP  FRUIT POT (61-75kcal) no gluten-containing ingredients
Saturday (6)	291015	  	PEA & HAM SOUP (134kcal)		
	298235		BANGERS & MASH, mashed potato & peas (417kcal)		293135   JAM SPONGE & Custard (291kcal)
	298503	  	CHICKEN & VEGETABLE STEW, mashed potato & peas (321kcal)		293958    APPLE CRUMBLE & Custard (312kcal)
	298500	  	BUTTERBEAN & CAULIFLOWER CURRY, with yellow rice (413kcal)		292123   COFFEE DESSERT (127kcal)
	298164	 	VEGETARIAN SAUSAGE & MASH, green beans & peas seasoned with mint & pepper (456kcal)		FP  FRUIT POT (61-75kcal) no gluten-containing ingredients
Sunday (7)	217162	   	TOMATO & LENTIL SOUP (213kcal)		
	297251		BEEF SILVERSIDE WITH MASHED POTATO, yorkshire pudding, green beans, peas & gravy (328kcal)		293866   STICKY TOFFEE PUDDING & Custard (362kcal)
	297575		ALL DAY BREAKFAST (baked beans, hash browns, omelette, pork sausages & bacon) (468kcal)		293900   APPLE PIE & Custard (279kcal)
	294132	 	SALMON CRUMBLE, mashed potato, minted vegetables (504kcal)		292122  BLACKCURRANT CHEESECAKE (208kcal)
	298196	  	PROVENCALE VEGETABLE BAKE (311kcal)		FP  FRUIT POT (61-75kcal) no gluten-containing ingredients

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Week 2 (Days 8-14)

Weeks beginning:

- 2026

5th Oct

2nd Nov

30th Nov

28th Dec
- 2027

25th Jan

22nd Feb

22nd Mar

19th April

17th May

14th June

12th July

9th Aug

6th Sept

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Monday (8)

291021	V GF P ★	CREAM OF MUSHROOM SOUP (129kcal)	
298154	GF P	HONEY MUSTARD CHICKEN, mashed potato, carrots, green beans, peas & sweetcorn (349kcal)	
298148	GF	LAMB & VEGETABLE CASSEROLE, boiled potatoes, mashed carrot & green beans (330kcal)	
294255	V ♥	ROOT VEGETABLE SPAGHETTI BOLOGNAISE (324kcal)	
294588	GF V	CAULIFLOWER CHEESE & BROCCOLI BAKE, parsley potatoes (444kcal)	

293842	V GF P ★	WEST COUNTRY CLOTTED CREAM RICE PUDDING (375kcal)	
293906	V <15	BLACKCURRANT PIE & Custard (293kcal)	
292149	V	RASPBERRY TRIFLE (211kcal)	
FP	V	FRUIT POT (61-75kcal) no gluten-containing ingredients	

Tuesday (9)

291029	V GF P ★	LENTIL SOUP (125kcal)	
294132	P ★	SALMON CRUMBLE, mashed potato, minted vegetables (504kcal)	
298503	GF P ♥	CHICKEN & VEGETABLE STEW, mashed potato & peas (321kcal)	
298207	GF ♥	BEEF HOTPOT, carrots & green beans (318kcal)	
294152	V	VEGETABLE LASAGNE, carrots & green beans (480kcal)	

293825	V	GINGER SPONGE & Custard (266kcal)	
293959	V P <15 ★	RHUBARB CRUMBLE & Custard (304kcal)	
293010	V	CHOCOLATE SPONGE CAKE (261kcal)*	
FP	V	FRUIT POT (61-75kcal) no gluten-containing ingredients	

Wednesday (10)

291009	GF P ★	CHICKEN SOUP (138kcal)	
297575	P	ALL DAY BREAKFAST (baked beans, hash browns, omelette, pork sausages & bacon) (468kcal)	
298157	GF P ♥	BRAISED STEAK, mashed potato & peas (358kcal)	
298511	V	MACARONI CHEESE, Romano beans (439kcal)	
298164	V P	VEGETARIAN SAUSAGE & MASH, green beans & peas seasoned with mint & pepper (456kcal)	

293141	GF V	BLACKCURRANT SPONGE & Custard (252kcal)	
293900	V <15	APPLE PIE & Custard (279kcal)	
292122	V GF	BLACKCURRANT CHEESECAKE (208kcal)	
FP	V	FRUIT POT (61-75kcal) no gluten-containing ingredients	

Thursday (11)	217145		CHEESY LEEK & POTATO SOUP (219kcal)			
	298159		BEEF & ALE PIE (pastry top), mashed potato, carrots & peas (540kcal)			293841 RICE & STEWED APPLE (177kcal)
	298514		LANCASHIRE HOTPOT, carrots & peas (376kcal)			293957 APPLE & BLACKBERRY CRUMBLE & Custard (310kcal)
	298160		CHICKEN SUPREME, fried diced potato, carrots, green beans & peas (304kcal)			292125 STRAWBERRY MOUSSE (85kcal)
	298501		CHEESE & ONION PIE (topped with mash), Romano beans (367kcal)			FP FRUIT POT (61-75kcal) no gluten-containing ingredients
Friday (12)	291015		PEA & HAM SOUP (134kcal)			
	298510		FISH PIE, with carrots (321kcal)			293142 TREACLE TART & Custard (368kcal)
	298162		CHICKEN CHASSEUR, fried diced potatoes, green beans & peas (325kcal)			293936 STEWED APPLE & Custard (173kcal)
	298500		BUTTERBEAN & CAULIFLOWER CURRY, with yellow rice (413kcal)			293006 LEMON DRIZZLE CAKE (315kcal)*
	298343		OMELETTE, CHIPS & BEANS (493kcal)			FP FRUIT POT (61-75kcal) no gluten-containing ingredients
Saturday (13)	217162		TOMATO & LENTIL SOUP (213kcal)			
	298507		SWEET & SOUR CHICKEN, served with white rice (410kcal)			293858 BREAD & BUTTER PUDDING & Custard (270kcal)
	297251		BEEF SILVERSIDE WITH MASHED POTATO, yorkshire pudding, green beans, peas & gravy (328kcal)			293925 LEMON SPONGE & Custard (245kcal)
	294264		MINTED LAMB PIE (pastry top), mashed potato, carrots & green beans (524kcal)			292127 RASPBERRY DESSERT (141kcal)
	298364		MUSHROOM, LEEK & CHEDDAR BAKE, broccoli & red cabbage (with apple & port) (486kcal)			FP FRUIT POT (61-75kcal) no gluten-containing ingredients
Sunday (14)	291021		CREAM OF MUSHROOM SOUP (129kcal)			
	297256		PORK LOIN WITH STUFFING, roast potatoes, peas, sprouts and gravy (356kcal)			293838 BAKEWELL TART & Custard (389kcal)
	294204		BEEF LASAGNE, with carrots & Romano beans (509kcal)			293958 APPLE CRUMBLE & Custard (312kcal)
	294115		CHEESE, ONION, LEEK & POTATO BAKE, mashed root veg, green beans (382kcal)			292126 STRAWBERRY CHEESECAKE (208kcal)
	298511		MACARONI CHEESE, Romano beans (439kcal)			FP FRUIT POT (61-75kcal) no gluten-containing ingredients

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Week 3 (Days 15-21)

Weeks beginning:

- 2026

12th Oct

9th Nov

7th Dec
- 2027

4th Jan

1st Feb

1st Mar

29th Mar

26th Apr

24th May

21st Jun

19th Jul

16th Aug

13th Sep

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Monday⁽¹⁵⁾

291029	V GF P ★	LENTIL SOUP (125kcal)	
298514	GF	LANCASHIRE HOTPOT, carrots & peas (376kcal)	
298512		SAUSAGE CASSEROLE, mashed potato & peas (371kcal)	
294237	GF P	SOMERSET CHICKEN PIE(chicken, apple & mushroom in a cheese, cider & mustard sauce, topped with mash), carrots & cabbage (368kcal)	
294152	V	VEGETABLE LASAGNE, carrots & green beans (480kcal)	

293866	V ★	STICKY TOFFEE PUDDING & Custard (362kcal)	
293926	V <15	SULTANA SPONGE & Custard (254kcal)	
292148	V	STRAWBERRY TRIFLE (211kcal)	
FP	V	FRUIT POT (61-75kcal) no gluten-containing ingredients	

Tuesday⁽¹⁶⁾

291009	GF P ★	CHICKEN SOUP (138kcal)	
297260	P ★	CHICKEN & MUSHROOM PIE (puff pastry top), mashed potato, carrots & green beans (513kcal)	
294204	P ★	BEEF LASAGNE, with carrots & Romano beans (509kcal)	
294115	V GF	CHEESE, ONION, LEEK & POTATO BAKE, mashed root veg, green beans (382kcal)	
298343	V GF	OMELETTE, CHIPS & BEANS (493kcal)	

293140	V	ORANGE SPONGE & Custard (250kcal)	
293959	V	RHUBARB CRUMBLE & Custard (304kcal)	
292124	V GF	CHOCOLATE MOUSSE (83kcal)	
FP	V	FRUIT POT (61-75kcal) no gluten-containing ingredients	

Wednesday⁽¹⁷⁾

217145	V P ★	CHEESY LEEK & POTATO SOUP (219kcal)	
294588	V GF	CAULIFLOWER CHEESE & BROCCOLI BAKE, parsley potatoes (444kcal)	
294132	P ★	SALMON CRUMBLE, mashed potato, minted vegetables (504kcal)	
297580	P	CHICKEN BREAST & STUFFING, roast potatoes, gravy, broccoli & Romano beans (338kcal)	
298196	V GF ♥	PROVENCALE VEGETABLE BAKE (311kcal)	

293852	V	SPOTTED DICK & Custard (260kcal)	
293906	V <15	BLACKCURRANT PIE & Custard (293kcal)	
292126	V	STRAWBERRY CHEESECAKE (208kcal)	
FP	V	FRUIT POT (61-75kcal) no gluten-containing ingredients	

Thursday (18)	291015	  	PEA & HAM SOUP (134kcal)	
	298157	  	BRAISED STEAK, mashed potato & peas (358kcal)	
	298502	 	CHICKEN CURRY (spicy tomato sauce), served with yellow rice (345kcal)	
	297575		ALL DAY BREAKFAST (baked beans, hash browns, omelette, pork sausages & bacon) (468kcal)	
	298364	 	MUSHROOM, LEEK & CHEDDAR BAKE, broccoli & red cabbage (with apple & port) (486kcal)	

293128	 	SUMMER FRUIT CRUMBLE & Custard (314kcal)	
293925	 	LEMON SPONGE & Custard (245kcal)	
292149		RASPBERRY TRIFLE (211kcal)	
FP		FRUIT POT (61-75kcal) no gluten-containing ingredients	

Friday (19)	217162	V GF P ★	TOMATO & LENTIL SOUP (213kcal)	
	298304	P ♥	BREADED FISH & CHIPS, peas (412kcal)	
	298163	GF P	PORK, APPLE & WHITE WINE CASSEROLE, mashed potato & parsley-seasoned carrots & sprouts (360kcal)	
	294255	V ♥	ROOT VEGETABLE SPAGHETTI BOLOGNAISE (324kcal)	
	298164	V P	VEGETARIAN SAUSAGE & MASH, green beans & peas seasoned with mint & pepper (456kcal)	

293135	 	JAM SPONGE & Custard (291kcal)	
293900	 	APPLE PIE & Custard (279kcal)	
292123	 	COFFEE DESSERT (127kcal)	
FP		FRUIT POT (61-75kcal) no gluten-containing ingredients	

Saturday (20)	291021	V GF P *	CREAM OF MUSHROOM SOUP (129kcal)	
	294204	P *	BEEF LASAGNE, with carrots & Romano beans (509kcal)	
	298245	GF	SHEPHERD'S PIE, carrots & peas (337kcal)	
	298318	GF ♥ P	SALMON & BROCCOLI SUPREME, mashed potato, carrots & peas (341kcal)	
	294201	V	TOMATO MOZZARELLA PASTA (312kcal)	

293136		RICE PUDDING & APRICOT (189kcal)	
293926		SULTANA SPONGE & Custard (254kcal)	
292125		STRAWBERRY MOUSSE (85kcal)	
FP		FRUIT POT (61-75kcal) no gluten-containing ingredients	

Sunday (21)	291029	V GF P ★	LENTIL SOUP (125kcal)	
	297580	P	CHICKEN BREAST & STUFFING, roast potatoes, gravy, broccoli & Romano beans (338kcal)	
	298211	P ★	STEAK & KIDNEY PIE (pastry top), mashed potato, carrots & peas (553kcal)	
	298343	V GF P	OMELETTE, CHIPS & BEANS (493kcal)	
	298501	V GF	CHEESE & ONION PIE (topped with mash), Romano beans (367kcal)	

293142	 	TREACLE TART & Custard (368kcal)	
293925	 	LEMON SPONGE & Custard (245kcal)	
293010		CHOCOLATE SPONGE CAKE (261kcal)*	
FP		FRUIT POT (61-75kcal) no gluten-containing ingredients	

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Week 4 (Days 22-28)

Weeks beginning:

- 202619th Oct16th Nov14th Dec
- 202711th Jan20th Sept8th Feb8th Mar5th April3rd May31st May28th June26th July23rd Aug

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Monday22

291009	GF P ★	CHICKEN SOUP (138kcal)	
298235		BANGERS & MASH, mashed potato & peas (417kcal)	
298505	GF ♥	COTTAGE PIE, served with carrots & peas (300kcal)	
297580	P	CHICKEN BREAST & STUFFING, roast potatoes, gravy, broccoli & Romano beans (338kcal)	
298364	V GF	MUSHROOM, LEEK & CHEDDAR BAKE, broccoli & red cabbage (with apple & port) (486kcal)	

293141	V GF	BLACKCURRANT SPONGE & Custard (252kcal)	
293958	V ★ <15	APPLE CRUMBLE & Custard (312kcal)	
292127	V GF	RASPBERRY DESSERT (141kcal)	
FP	V	FRUIT POT (61-75kcal) no gluten-containing ingredients	

Tuesday23

217145	V P ★	CHEESY LEEK & POTATO SOUP (219kcal)	
298314	GF	FISH IN PARSLEY SAUCE, mashed potato, carrots & green beans (304kcal)	
298512		SAUSAGE CASSEROLE, mashed potato & peas (371kcal)	
298511	V	MACARONI CHEESE, Romano beans (439kcal)	
298500	V GF ♥	BUTTERBEAN & CAULIFLOWER CURRY, with yellow rice (413kcal)	

293838	V ★	BAKEWELL TART & Custard (389kcal)	
293925	V <15	LEMON SPONGE & Custard (245kcal)	
292122	V	BLACKCURRANT CHEESECAKE (208kcal)	
FP	V	FRUIT POT (61-75kcal) no gluten-containing ingredients	

Wednesday24

291015	GF P ★	PEA & HAM SOUP (134kcal)	
298507	GF ♥	SWEET & SOUR CHICKEN, served with white rice (410kcal)	
298304	P ♥	BREADED FISH & CHIPS, peas (412kcal)	
298159	P ★	BEEF & ALE PIE (pastry top), mashed potato, carrots & peas (540kcal)	
298164	V P	VEGETARIAN SAUSAGE & MASH, green beans & peas seasoned with mint & pepper (456kcal)	

293819	V	SYRUP SPONGE & Custard (294kcal)	
293959	V P ★ <15	RHUBARB CRUMBLE & Custard (304kcal)	
292148	V	STRAWBERRY TRIFLE (211kcal)	
FP	V	FRUIT POT (61-75kcal) no gluten-containing ingredients	

HILS Breakfast and Tea Service

We also offer a range of nutritious breakfast and tea meals

Delivered at the same time as your main meal and dessert, these additional meals can help you maintain a regular eating routine, support good nutrition and provide reassurance that food is available when you need it.

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.



The image shows a 'Breakfast and Tea Menu' card from HILS Health & Independent Living Support. It features a photo of an elderly woman and a 'Support at Home' logo. Below the photo is a form with fields for 'Name', 'Address', and 'Date completed'. To the right of the form, it says 'To get in touch with us please call 0330 2000 103 or email: hampshire@hils-uk.org'. There is also a small checkbox that says '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.

A great way to start the day



Enjoy an evening snack

“ Very convenient and delivered by nice, caring people. ”

HILS client

Contact Us

All of 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.

To get in touch with us please
call **0330 2000 103** or email
hampshire@hils-uk.org



HILS Health & Independent Living Support