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: westsussex@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.

- 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. Contains sweeteners.
- 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

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 <15 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.

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.

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

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

Call us: 0330 2000 103 **email:** info@hils-uk.org **web:** www.hils-uk.org

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:

2026	28th Sep	26th Oct	23rd Nov	21st Dec				
2027	18th Jan	15th Feb	15th Mar	12th April	10th May	7th June	5th July	2nd Aug	30th Aug

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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)

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**

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)

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**

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)

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	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)
294201	V	TOMATO MOZZARELLA PASTA (312kcal)
294588	V GF	CAULIFLOWER CHEESE & BROCCOLI BAKE, parsley potatoes (444kcal)

293819	V	SYRUP SPONGE & Custard (294kcal)
293906	V <15	BLACKCURRANT PIE & Custard (293kcal)
292126	V	STRAWBERRY CHEESECAKE (208kcal)
FP	V	FRUIT POT (61-75kcal) **no gluten-containing ingredients**

Friday (5)

217145	V P	CHEESY LEEK & POTATO SOUP (219kcal)
298318	V P	SALMON & BROCCOLI SUPREME, mashed potato, carrots & peas (341kcal)
298211	P	STEAK & KIDNEY PIE (pastry top), mashed potato, carrots & peas (553kcal)
298507	GF	SWEET & SOUR CHICKEN, served with white rice (410kcal)
294152	V	VEGETABLE LASAGNE, carrots & green beans (480kcal)

293838	V	BAKEWELL TART & Custard (389kcal)
293926	V <15	SULTANA SPONGE & Custard (254kcal)
292149	V	RASPBERRY TRIFLE (211kcal)
FP	V	FRUIT POT (61-75kcal) **no gluten-containing ingredients**

Saturday (6)

291015	GF P	PEA & HAM SOUP (134kcal)
298235		BANGERS & MASH, mashed potato & peas (417kcal)
298503	GF P	CHICKEN & VEGETABLE STEW, mashed potato & peas (321kcal)
298500	V GF	BUTTERBEAN & CAULIFLOWER CURRY, with yellow rice (413kcal)
298164	V P	VEGETARIAN SAUSAGE & MASH, green beans & peas seasoned with mint & pepper (456kcal)

293135	V GF	JAM SPONGE & Custard (291kcal)
293958	V <15	APPLE CRUMBLE & Custard (312kcal)
292123	V GF	COFFEE DESSERT (127kcal)
FP	V	FRUIT POT (61-75kcal) **no gluten-containing ingredients**

Sunday (7)

217162	V GF P	TOMATO & LENTIL SOUP (213kcal)
297251	P	BEEF SILVERSIDE WITH MASHED POTATO, yorkshire pudding, green beans, peas & gravy (328kcal)
297575	P	ALL DAY BREAKFAST (baked beans, hash browns, omelette, pork sausages & bacon) (468kcal)
294132	P	SALMON CRUMBLE, mashed potato, minted vegetables (504kcal)
298196	V GF	PROVENCALE VEGETABLE BAKE (311kcal)

293866	V	STICKY TOFFEE PUDDING & Custard (362kcal)
293900	V <15	APPLE PIE & Custard (279kcal)
292122	V	BLACKCURRANT CHEESECAKE (208kcal)
FP	V	FRUIT POT (61-75kcal) **no gluten-containing ingredients**

Nutrition info correct as of July 2026

Always contact the office (see back cover) to cancel or change your meal choices and/or days.

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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	V P	CHEESY LEEK & POTATO SOUP (219kcal)
298159	P	BEEF & ALE PIE (pastry top), mashed potato, carrots & peas (540kcal)
298514	GF	LANCASHIRE HOTPOT, carrots & peas (376kcal)
298160	GF P	CHICKEN SUPREME, fried diced potato, carrots, green beans & peas (304kcal)
298501	GF V	CHEESE & ONION PIE (topped with mash), Romano beans (367kcal)

293841	V GF	RICE & STEWED APPLE (177kcal)
293957	V P <15	APPLE & BLACKBERRY CRUMBLE & Custard (310kcal)
292125	V GF <15	STRAWBERRY MOUSSE (85kcal)
FP	V	FRUIT POT (61-75kcal) **no gluten-containing ingredients**

Friday (12)

291015	GF P	PEA & HAM SOUP (134kcal)
298510	GF	FISH PIE, with carrots (321kcal)
298162	GF P	CHICKEN CHASSEUR, fried diced potatoes, green beans & peas (325kcal)
298500	GF V	BUTTERBEAN & CAULIFLOWER CURRY, with yellow rice (413kcal)
298343	V P GF	OMELETTE, CHIPS & BEANS (493kcal)

293142	V	TREACLE TART & Custard (368kcal)
293936	V GF <15	STEWED APPLE & Custard (173kcal)
293006	V	LEMON DRIZZLE CAKE (315kcal)*
FP	V	FRUIT POT (61-75kcal) **no gluten-containing ingredients**

Saturday (13)

217162	V GF P	TOMATO & LENTIL SOUP (213kcal)
298507	GF	SWEET & SOUR CHICKEN, served with white rice (410kcal)
297251	P	BEEF SILVERSIDE WITH MASHED POTATO, yorkshire pudding, green beans, peas & gravy (328kcal)
294264		MINTED LAMB PIE (pastry top), mashed potato, carrots & green beans (524kcal)
298364	V GF	MUSHROOM, LEEK & CHEDDAR BAKE, broccoli & red cabbage (with apple & port) (486kcal)

293858	V P	BREAD & BUTTER PUDDING & Custard (270kcal)
293925	V <15	LEMON SPONGE & Custard (245kcal)
292127	V GF	RASPBERRY DESSERT (141kcal)
FP	V	FRUIT POT (61-75kcal) **no gluten-containing ingredients**

Sunday (14)

291021	V GF P	CREAM OF MUSHROOM SOUP (129kcal)
297256	GF P	PORK LOIN WITH STUFFING, roast potatoes, peas, sprouts and gravy (356kcal)
294204	P	BEEF LASAGNE, with carrots & Romano beans (509kcal)
294115	V GF	CHEESE, ONION, LEEK & POTATO BAKE, mashed root veg, green beans (382kcal)
298511	V	MACARONI CHEESE, Romano beans (439kcal)

293838	V	BAKEWELL TART & Custard (389kcal)
293958	V <15	APPLE CRUMBLE & Custard (312kcal)
292126	V	STRAWBERRY CHEESECAKE (208kcal)
FP	V	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)	293866	V ✱	STICKY TOFFEE PUDDING & Custard (362kcal)
298512		SAUSAGE CASSEROLE, mashed potato & peas (371kcal)	293926	V <15	SULTANA SPONGE & Custard (254kcal)
294237	GF P	SOMERSET CHICKEN PIE(chicken, apple & mushroom in a cheese, cider & mustard sauce, topped with mash), carrots & cabbage (368kcal)	292148	V	STRAWBERRY TRIFLE (211kcal)
294152	V	VEGETABLE LASAGNE, carrots & green beans (480kcal)	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)	293140	V	ORANGE SPONGE & Custard (250kcal)
294204	P ✱	BEEF LASAGNE, with carrots & Romano beans (509kcal)	293959	V	RHUBARB CRUMBLE & Custard (304kcal)
294115	V GF	CHEESE, ONION, LEEK & POTATO BAKE, mashed root veg, green beans (382kcal)	292124	V GF	CHOCOLATE MOUSSE (83kcal)
298343	V GF	OMELETTE, CHIPS & BEANS (493kcal)	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)	293852	V	SPOTTED DICK & Custard (260kcal)
294132	P ✱	SALMON CRUMBLE, mashed potato, minted vegetables (504kcal)	293906	V <15	BLACKCURRANT PIE & Custard (293kcal)
297580	P	CHICKEN BREAST & STUFFING, roast potatoes, gravy, broccoli & Romano beans (338kcal)	292126	V	STRAWBERRY CHEESECAKE (208kcal)
298196	V GF ♥	PROVENCALE VEGETABLE BAKE (311kcal)	FP	V	FRUIT POT (61-75kcal) **no gluten-containing ingredients**

Thursday (18)

291015	GF P	PEA & HAM SOUP (134kcal)		
298157	GF P	BRAISED STEAK, mashed potato & peas (358kcal)	293128	V SUMMER FRUIT CRUMBLE & Custard (314kcal)
298502	GF	CHICKEN CURRY (spicy tomato sauce), served with yellow rice (345kcal)	293925	V <15 LEMON SPONGE & Custard (245kcal)
297575	P	ALL DAY BREAKFAST (baked beans, hash browns, omelette, pork sausages & bacon) (468kcal)	292149	V RASPBERRY TRIFLE (211kcal)
298364	V GF	MUSHROOM, LEEK & CHEDDAR BAKE, broccoli & red cabbage (with apple & port) (486kcal)	FP	V 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)	293135	V GF JAM SPONGE & Custard (291kcal)
298163	GF P	PORK, APPLE & WHITE WINE CASSEROLE, mashed potato & parsley-seasoned carrots & sprouts (360kcal)	293900	V <15 APPLE PIE & Custard (279kcal)
294255	V	ROOT VEGETABLE SPAGHETTI BOLOGNAISE (324kcal)	292123	V GF COFFEE DESSERT (127kcal)
298164	V P	VEGETARIAN SAUSAGE & MASH, green beans & peas seasoned with mint & pepper (456kcal)	FP	V 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)	293136	V GF RICE PUDDING & APRICOT (189kcal)
298245	GF	SHEPHERD'S PIE, carrots & peas (337kcal)	293926	V <15 SULTANA SPONGE & Custard (254kcal)
298318	GF P	SALMON & BROCCOLI SUPREME, mashed potato, carrots & peas (341kcal)	292125	V GF <15 STRAWBERRY MOUSSE (85kcal)
294201	V	TOMATO MOZZARELLA PASTA (312kcal)	FP	V 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)	293142	V TREACLE TART & Custard (368kcal)
298211	P	STEAK & KIDNEY PIE (pastry top), mashed potato, carrots & peas (553kcal)	293925	V <15 LEMON SPONGE & Custard (245kcal)
298343	V GF P	OMELETTE, CHIPS & BEANS (493kcal)	293010	V CHOCOLATE SPONGE CAKE (261kcal)*
298501	V GF	CHEESE & ONION PIE (topped with mash), Romano beans (367kcal)	FP	V FRUIT POT (61-75kcal) **no gluten-containing ingredients**

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Week 4 (Days 22-28)

Weeks beginning:

2026 19th Oct | 16th Nov | 14th Dec

2027 11th Jan | 8th Feb | 8th Mar | 5th April | 3rd May | 31st May | 28th June | 26th July | 23rd Aug | 20th Sept

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Monday (22)

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**	

Tuesday (23)

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**	

Wednesday (24)

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**	

Thursday (25)

217162	V GF P	TOMATO & LENTIL SOUP (213kcal)			
298160	GF P	CHICKEN SUPREME, fried diced potato, carrots, green beans & peas (304kcal)	293866	V	STICKY TOFFEE PUDDING & Custard (362kcal)
298148	GF	LAMB & VEGETABLE CASSEROLE, boiled potatoes, mashed carrot & green beans (330kcal)	293926	V <15	SULTANA SPONGE & Custard (254kcal)
298196	V GF	PROVENCALE VEGETABLE BAKE (311kcal)	293010	V	CHOCOLATE SPONGE CAKE (261kcal)*
298343	V GF P	OMELETTE, CHIPS & BEANS (493kcal)	FP	V	FRUIT POT (61-75kcal) **no gluten-containing ingredients**

Friday (26)

291021	V GF P	CREAM OF MUSHROOM SOUP (129kcal)			
294132	P	SALMON CRUMBLE, mashed potato, minted vegetables (504kcal)	293841	V GF	RICE & STEWED APPLE (177kcal)
297251	P	BEEF SILVERSIDE WITH MASHED POTATO, yorkshire pudding, green beans, peas & gravy (328kcal)	293957	V P <15	APPLE & BLACKBERRY CRUMBLE & Custard (310kcal)
298154	GF P	HONEY MUSTARD CHICKEN, mashed potato, carrots, green beans, peas & sweetcorn (349kcal)	292124	V GF <15	CHOCOLATE MOUSSE (83kcal)
298501	V GF	CHEESE & ONION PIE (topped with mash), Romano beans (367kcal)	FP	V	FRUIT POT (61-75kcal) **no gluten-containing ingredients**

Saturday (27)

291029	V GF P	LENTIL SOUP (125kcal)			
298207	GF	BEEF HOTPOT, carrots & green beans (318kcal)	293142	V	TREACLE TART & Custard (368kcal)
298502	GF	CHICKEN CURRY (spicy tomato sauce), served with yellow rice (345kcal)	293936	V GF <15	STEWED APPLE & Custard (173kcal)
294255	V	ROOT VEGETABLE SPAGHETTI BOLOGNAISE (324kcal)	293006	V	LEMON DRIZZLE CAKE (315kcal)*
294152	V	VEGETABLE LASAGNE, carrots & green beans (480kcal)	FP	V	FRUIT POT (61-75kcal) **no gluten-containing ingredients**

Sunday (28)

291009	GF P	CHICKEN SOUP (138kcal)			
298237	GF P	LAMB IN GRAVY, roast potatoes, carrots & peas (313kcal)	293858	V P	BREAD & BUTTER PUDDING & Custard (270kcal)
297260	P	CHICKEN & MUSHROOM PIE (puff pastry top), mashed potato, carrots & green beans (513kcal)	293900	V <15	APPLE PIE & Custard (279kcal)
298510	GF	FISH PIE, with carrots (321kcal)	292123	V GF	COFFEE DESSERT (127kcal)
294588	V GF	CAULIFLOWER CHEESE & BROCCOLI BAKE, parsley potatoes (444kcal)	FP	V	FRUIT POT (61-75kcal) **no gluten-containing ingredients**

Nutrition info correct as of July 2026

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.

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 westsussex@hils-uk.org

HILS Health & Independent Living Support