



Health & Independent
Living Support

Support
at Home

Main Menu

Monday 6th
May 2024
to Sunday 4th
May 2025



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

Thank you for choosing us to provide your hot lunchtime meal.

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 each year.

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: Select your meal options for each day of your service for all four weeks. You can select a two-course meal consisting of a soup and main course, or a main course and a dessert. Or you can choose to receive all three courses for an extra charge. 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 delivery driver.

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
- 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.

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 higher energy meals ***** 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).

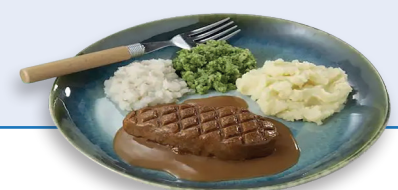
If you, or a loved one, are concerned about unintentional weight loss, please speak to your GP for support.

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.



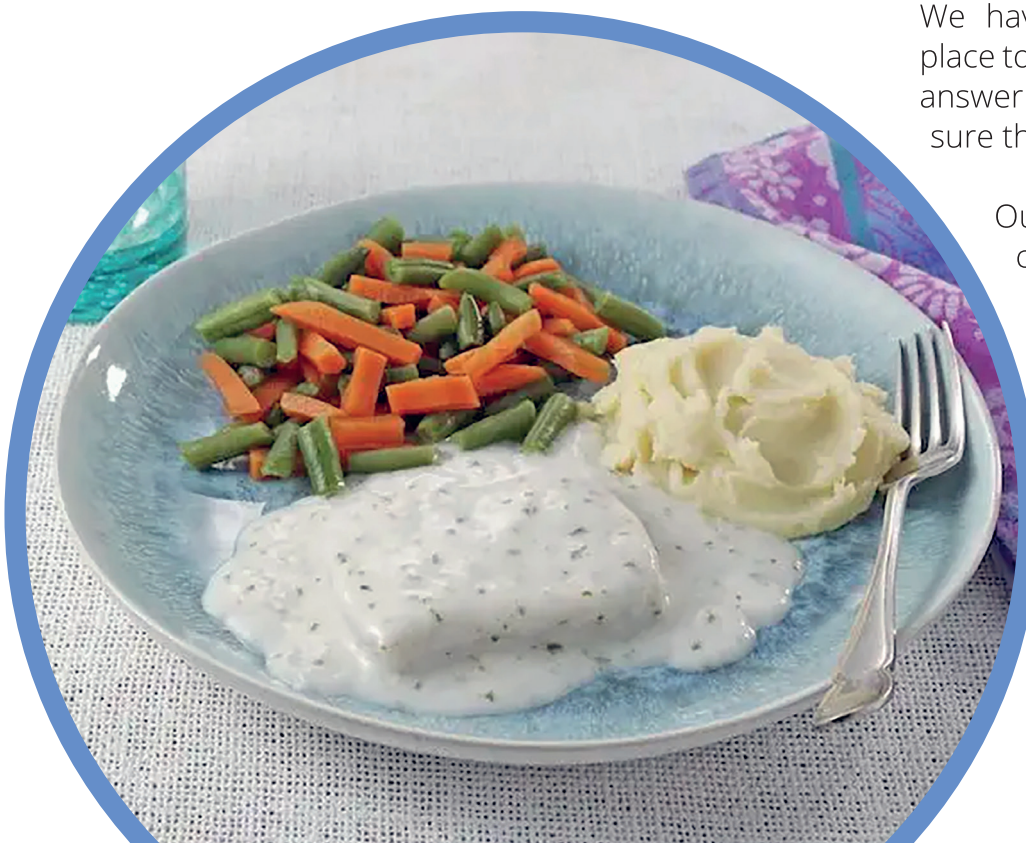
Who delivers your meals?

Meals are delivered daily between 11am 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 and paid the Real Living Wage.

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.



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:

6th May 3rd June 1st July 29th July 26th August 23rd September 21st October
 18th November 16th December 2025: 13th January 10th February 10th March 7th April

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Monday (1)	291029		LENTIL SOUP								
	218260		CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans					293841		RICE & STEWED APPLE	
	218232		MEATBALLS & MUSHY PEAS, with chips & onion gravy					293906		BLACKCURRANT PIE, with custard	
	218302		SALMON SUPREME, with mashed potato, carrots, green beans & peas					292128		APRICOT & PEACH DESSERT	
	217412		CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas					FP		FRUIT POT	
	217432		VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy								
Tuesday (2)	291015		PEA & HAM SOUP					293119		CHOCOLATE & CHERRY BROWNIE, with vanilla sauce	
	218209		SAVOURY MINCED BEEF, with mashed potato, carrots & swede					293926		SULTANA SPONGE, with custard	
	218286		HAM IN PARSLEY SAUCE, with green beans, carrot & swede					292148		STRAWBERRY TRIFLE	
	218245		SHEPHERD'S PIE, with carrots & peas					FP		FRUIT POT	
	217437		MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans								
	217449		CHICKPEA KATSU CURRY, with white rice								
Wednesday (3)	291019		TOMATO SOUP					293824		LEMON SPONGE, with lemon sauce & custard	
	218282		CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans					293958		APPLE CRUMBLE, with custard	
	218318		ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans					292123		COFFEE DESSERT	
	218320		FISHCAKES, with diced fried potatoes & peas					FP		FRUIT POT	
	217401		MACARONI CHEESE, with carrots, sweetcorn & peas								
	217428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas								
Thursday (4)	291014		LEEK & POTATO SOUP					293842		WEST COUNTRY CLOTTED CREAM RICE PUDDING	
	218329		SAUSAGE CASSEROLE, with mashed potato & peas					293928		JAM ROLY POLY, with raspberry sauce & custard	
	218211		STEAK & KIDNEY PIE, with mashed potato, carrots & swede					292122		BLACKCURRANT CHEESECAKE	
	218264		CHICKEN CURRY, with rice					FP		FRUIT POT	
	217448		LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot								
	217446		VEGETABLE HOTPOT, with peas								
Friday (5)	291009		CHICKEN SOUP					293814		APRICOT CRUMBLE, with custard	
	218303		BREADED FISH, with mashed potato & peas					293924		GOLDEN SYRUP SPONGE, with custard	
	218214		BRAISED STEAK, with mashed potato & green beans					292149		RASPBERRY TRIFLE	
	218246		LAMB & POTATO CURRY, with white rice & coriander					FP		FRUIT POT	
	217442		CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans								
	217445		VEGETABLE LASAGNE, with carrots & green beans								
Saturday (6)	291020		CHUNKY VEGETABLE SOUP					293141		BLACKCURRANT SPONGE, with custard	
	218204		BEEF LASAGNE, with carrots & peas					293957		APPLE & BLACKBERRY CRUMBLE, with custard	
	218354		SWEET & SOUR CHICKEN, with rice, red pepper & peas					292126		STRAWBERRY CHEESECAKE	
	218317		FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans					FP		FRUIT POT	
	217410		OMELETTE, chips & beans								
	217447		VEGETABLE CURRY, with white rice								
Sunday (7)	291013		SCOTCH BROTH SOUP					293866		STICKY TOFFEE PUDDING, with custard	
	218255		CHICKEN BREAST, with roast potatoes, carrot, cauliflower, sprouts, peas, stuffing & gravy					293900		APPLE PIE, with custard	
	218323		LAMB'S LIVER & ONION GRAVY, with mashed potato, carrots & swede					292124		CHOCOLATE MOUSSE	
	218224		PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas					FP		FRUIT POT	
	217428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas								
	217437		MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans								

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Week 2 (Days 8-14)

WEEKS BEGINNING:

- 13th May 10th June 8th July 5th August 2nd September 30th September 28th October
 25th November 23rd December 2025: 20th January 17th February 17th March 14th April

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Monday (8)	291021		CREAM OF MUSHROOM SOUP								
	218211		STEAK & KIDNEY PIE, with mashed potato, carrots & swede						293136		RICE PUDDING & APRICOT
	218240		LANCASHIRE HOTPOT, with carrots & swede						293936		STEWED APPLE, with custard
	218320		FISHCAKES, with diced fried potatoes & peas						292125		STRAWBERRY MOUSSE
	217407		CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots						FP		FRUIT POT
	217449		CHICKPEA KATSU CURRY, with white rice								

Tuesday (9)	291029		LENTIL SOUP						293825		GINGER SPONGE, with custard
	218278		CHICKEN & BACON HOTPOT, with cauliflower, carrots & peas						293928		JAM ROLY POLY, with raspberry sauce & custard
	218232		MEATBALLS & MUSHY PEAS, with chips & onion gravy						292122		BLACKCURRANT CHEESECAKE
	218302		SALMON SUPREME, with mashed potato, carrots, green beans & peas						FP		FRUIT POT
	217447		VEGETABLE CURRY, with white rice								
	217448		LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot								

Wednesday (10)	291015		PEA & HAM SOUP						293142		TREACLE TART, with custard
	218321		SAUSAGES IN ONION GRAVY, with mashed potato & baked beans						293926		SULTANA SPONGE, with custard
	218212		STEAK & MUSHROOM CASSEROLE, with mashed potato, swede, & peas						292127		RASPBERRY DESSERT
	218245		SHEPHERD'S PIE, with carrots & peas						FP		FRUIT POT
	217446		VEGETABLE HOTPOT, with peas								
	217410		OMELETTE, chips & beans								

Thursday (11)	291019		TOMATO SOUP						293135		JAM SPONGE, with custard
	218208		COTTAGE PIE, with carrots, swede & green beans						293906		BLACKCURRANT PIE, with custard
	218303		BREADED FISH, with mashed potato & peas						292148		STRAWBERRY TRIFLE
	218318		ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans						FP		FRUIT POT
	217445		VEGETABLE LASAGNE, with carrots & green beans								
	217412		CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas								

Friday (12)	291014		LEEK & POTATO SOUP						293838		BAKEWELL TART, with custard
	218316		FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans						293959		RHUBARB CRUMBLE, with custard
	218204		BEEF LASAGNE, with carrots & peas						292123		COFFEE DESSERT
	218242		MINTED LAMB & DUMPLING, with mashed potato, mashed carrot & swede						FP		FRUIT POT
	217432		VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy								
	217401		MACARONI CHEESE, with carrots, sweetcorn & peas								

Saturday (13)	291009		CHICKEN SOUP						293858		BREAD & BUTTER PUDDING, with custard
	218279		CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas						293900		APPLE PIE, with custard
	218209		SAVOURY MINCED BEEF, with mashed potato, carrots & swede						292124		CHOCOLATE MOUSSE
	218276		LEMON & GINGER CHICKEN, with vegetable rice						FP		FRUIT POT
	217442		CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans								
	217428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas								

Sunday (14)	291020		CHUNKY VEGETABLE SOUP						293133		PLUM & CHERRY PIE, with custard
	218229		BEEF WITH ROAST POTATOES, with carrots, peas, & gravy						293924		GOLDEN SYRUP SPONGE, with custard
	218336		VIENNA STEAK (pork), with mashed potato, sweetcorn & peas						292128		APRICOT & PEACH DESSERT
	218273		SLICED TURKEY, with roast potatoes, mashed carrot & parsnip, green beans, stuffing & gravy						FP		FRUIT POT
	217449		CHICKPEA KATSU CURRY, with white rice								
	217407		CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots								

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Week 3 (Days 15-21)

WEEKS BEGINNING:

- 20th May 17th June 15th July 12th August 9th September 7th October 4th November
 2nd December 30th December 2025: 27th January 24th February 24th March 21st April

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Monday (15)	291013	V	SCOTCH BROTH SOUP				
	218260		CHICKEN & MUSHROOM PIE, with mashed potato, carrots & green beans			293841	V GF RICE & STEWED APPLE
	218323	GF	LAMB'S LIVER & ONION GRAVY, with mashed potato, carrots & swede			293957	V <15 * P APPLE & BLACKBERRY CRUMBLE, with custard
	218306	GF P	FISHERMAN'S PIE, with carrots & green beans			292149	V RASPBERRY TRIFLE
	217412	V GF	CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas			FP	V GF FRUIT POT
	217447	V GF *	VEGETABLE CURRY, with white rice				

Tuesday (16)	291021	V GF	CREAM OF MUSHROOM SOUP				
	218209	GF	SAVOURY MINCED BEEF, with mashed potato, carrots & swede			293119	V GF CHOCOLATE & CHERRY BROWNIE, with vanilla sauce
	218264	GF P	CHICKEN CURRY, with rice			293906	V <15 BLACKCURRANT PIE, with custard
	218242		MINTED LAMB & DUMPLING, with mashed potato, mashed carrot & swede			292123	V GF COFFEE DESSERT
	217437	V GF	MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans			FP	V GF FRUIT POT
	217446	V GF	VEGETABLE HOTPOT, with peas				

Wednesday (17)	291029	V GF	LENTIL SOUP				
	218282	GF	CHICKEN & VEGETABLE CASSEROLE, with mashed potatoes, carrots & green beans			293824	V LEMON SPONGE, with lemon sauce & custard
	218286	GF	HAM IN PARSLEY SAUCE, with green beans, carrot & swede			293959	V <15 * P RHUBARB CRUMBLE, with custard
	218214	GF	BRAISED STEAK, with mashed potato & green beans			292125	V GF <15 STRAWBERRY MOUSSE
	217401	V	MACARONI CHEESE, with carrots, sweetcorn & peas			FP	V GF FRUIT POT
	217449	V	CHICKPEA KATSU CURRY, with white rice				

Thursday (18)	291015	GF	PEA & HAM SOUP				
	218329		SAUSAGE CASSEROLE, with mashed potato & peas			293842	V GF * P WEST COUNTRY CLOTTED CREAM RICE PUDDING
	218316	GF	FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans			293924	V <15 GOLDEN SYRUP SPONGE, with custard
	218279	GF P	CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas			292127	V GF RASPBERRY DESSERT
	217448	V	LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot			FP	V GF FRUIT POT
	217437	V GF	MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans				

Friday (19)	291019	V GF	TOMATO SOUP				
	218303	GF	BREADED FISH, with mashed potato & peas			293814	V * APRICOT CRUMBLE, with custard
	218224	GF	PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas			293900	V <15 APPLE PIE, with custard
	218276	GF *	LEMON & GINGER CHICKEN, with vegetable rice			292126	V STRAWBERRY CHEESECAKE
	217442	V *	CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans			FP	V GF FRUIT POT
	217407	V GF	CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots				

Saturday (20)	291014	V	LEEK & POTATO SOUP				
	218204	P	BEEF LASAGNE, with carrots & peas			293141	V GF BLACKCURRANT SPONGE, with custard
	218354	GF	SWEET & SOUR CHICKEN, with rice, red pepper & peas			293958	V <15 * APPLE CRUMBLE, with custard
	218336	* P	VIENNA STEAK (pork), with mashed potato, sweetcorn & peas			292128	V GF <15 APRICOT & PEACH DESSERT
	217410	V GF	OMELETTE, chips & beans			FP	V GF FRUIT POT
	217432	V	VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy				

Sunday (21)	291009	GF	CHICKEN SOUP				
	218255	P	CHICKEN BREAST, with roast potatoes, carrot, cauliflower, sprouts, peas, stuffing & gravy			293866	V * STICKY TOFFEE PUDDING, with custard
	218240	GF	LANCASHIRE HOTPOT, with carrots & swede			293928	V <15 JAM ROLY POLY, with raspberry sauce & custard
	218318	P	ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans			292148	V STRAWBERRY TRIFLE
	217428	V GF	VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas			FP	V GF FRUIT POT
	217445	V	VEGETABLE LASAGNE, with carrots & green beans				

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Week 4 (Days 22-28)

WEEKS BEGINNING:

- 27th May 24th June 22nd July 19th August 16th September 14th October 11th November
 9th December 2025: 6th January 3rd February 3rd March 31st March 28th April

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Monday (22)	291020		CHUNKY VEGETABLE SOUP								
	218211		STEAK & KIDNEY PIE, with mashed potato, carrots & swede						293136		RICE PUDDING & APRICOT
	218264		CHICKEN CURRY, with rice						293900		APPLE PIE, with custard
	218317		FISH IN PARSLEY SAUCE, with mashed potato, carrots, swede & green beans						292122		BLACKCURRANT CHEESECAKE
	217407		CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots						FP		FRUIT POT
	217410		OMELETTE, chips & beans								
Tuesday (23)	291013		SCOTCH BROTH SOUP						293825		GINGER SPONGE, with custard
	218278		CHICKEN & BACON HOTPOT, with cauliflower, carrots & peas						293959		RHUBARB CRUMBLE, with custard
	218320		FISHCAKES, with diced fried potatoes & peas						292125		STRAWBERRY MOUSSE
	218273		SLICED TURKEY, with roast potatoes, mashed carrot & parsnip, green beans, stuffing & gravy						FP		FRUIT POT
	217447		VEGETABLE CURRY, with white rice								
	217428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas								
Wednesday (24)	291021		CREAM OF MUSHROOM SOUP						293142		TREACLE TART, with custard
	218321		SAUSAGES IN ONION GRAVY, with mashed potato & baked beans						293928		JAM ROLY POLY, with raspberry sauce & custard
	218306		FISHERMAN'S PIE, with carrots & green beans						292149		RASPBERRY TRIFLE
	218246		LAMB & POTATO CURRY, with white rice & coriander						FP		FRUIT POT
	217446		VEGETABLE HOTPOT, with peas								
	217412		CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas								
Thursday (25)	291029		LENTIL SOUP						293135		JAM SPONGE, with custard
	218208		COTTAGE PIE, with carrots, swede & green beans						293957		APPLE & BLACKBERRY CRUMBLE, with custard
	218323		LAMB'S LIVER & ONION GRAVY, with mashed potato, carrots & swede						292124		CHOCOLATE MOUSSE
	218276		LEMON & GINGER CHICKEN, with vegetable rice						FP		FRUIT POT
	217445		VEGETABLE LASAGNE, with carrots & green beans								
	217437		MUSHROOM, LEEK & WEST COUNTRY CHEDDAR BAKE, with red cabbage & green beans								
Friday (26)	291015		PEA & HAM SOUP						293838		BAKEWELL TART, with custard
	218316		FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans						293926		SULTANA SPONGE, with custard
	218354		SWEET & SOUR CHICKEN, with rice, red pepper & peas						292127		RASPBERRY DESSERT
	218336		VIENNA STEAK (pork), with mashed potato, sweetcorn & peas						FP		FRUIT POT
	217432		VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy								
	217401		MACARONI CHEESE, with carrots, sweetcorn & peas								
Saturday (27)	291019		TOMATO SOUP						293858		BREAD & BUTTER PUDDING, with custard
	218279		CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas						293936		STEWED APPLE, with custard
	218224		PORK IN GRAVY, with roast potatoes, mashed potatoes, carrots & peas						292123		COFFEE DESSERT
	218212		STEAK & MUSHROOM CASSEROLE, with mashed potato, swede, & peas						FP		FRUIT POT
	217442		CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans								
	217449		CHICKPEA KATSU CURRY, with white rice								
Sunday (28)	291014		LEEK & POTATO SOUP						293133		PLUM & CHERRY PIE, with custard
	218229		BEEF WITH ROAST POTATOES, with carrots, peas, & gravy						293958		APPLE CRUMBLE, with custard
	218322		CUMBERLAND SAUSAGES, with mashed potato, carrots & swede						292126		STRAWBERRY CHEESECAKE
	218242		MINTED LAMB & DUMPLING, with mashed potato, mashed carrot & swede						FP		FRUIT POT
	217428		VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas								
	217448		LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot								



"I'm so impressed, especially with the drivers. They are always so friendly and cheerful. You have helped my mum remain in her home for longer."

Client's relative

Contacting us?

Our sites are open from 8.30am to 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.



"The meals are lovely and always hot. Very convenient and delivered by nice, caring people."

HILS client

To get in touch, please call
0330 2000 103 or email
westsussex@hils-uk.org