



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.

-  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
-  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).

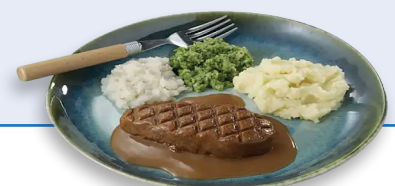
If you, or a loved one, are concerned about unintentional weight loss, please speak to your GP for support.

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 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

FOR OFFICE USE ONLY

ID: TEMP

Menu inputted on SMARTT

Date

Monday (8)	291021 V GF CREAM OF MUSHROOM SOUP	293136 V GF RICE PUDDING & APRICOT
	218211 * P STEAK & KIDNEY PIE, with mashed potato, carrots & swede	293936 V GF <15 STEWED APPLE, with custard
	218240 GF LANCASHIRE HOTPOT, with carrots & swede	292125 V GF <15 STRAWBERRY MOUSSE
	218320 ♥ FISHCAKES, with diced fried potatoes & peas	FP V GF FRUIT POT
	217407 V GF CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots	
	217449 ♥ V CHICKPEA KATSU CURRY, with white rice	
Tuesday (9)	291029 V GF LENTIL SOUP	293825 V GINGER SPONGE, with custard
	218278 ♥ GF CHICKEN & BACON HOTPOT, with cauliflower, carrots & peas	293928 V <15 JAM ROLY POLY, with raspberry sauce & custard
	218232 ♥ MEATBALLS & MUSHY PEAS, with chips & onion gravy	292122 V BLACKCURRANT CHEESECAKE
	218302 GF SALMON SUPREME, with mashed potato, carrots, green beans & peas	FP V GF FRUIT POT
	217447 V GF * VEGETABLE CURRY, with white rice	
	217448 V LENTIL & VEGETABLE PIE, with courgette, butternut squash & carrot	
Wednesday (10)	291015 GF PEA & HAM SOUP	293142 V * TREACLE TART, with custard
	218321 SAUSAGES IN ONION GRAVY, with mashed potato & baked beans	293926 V <15 SULTANA SPONGE, with custard
	218212 ♥ GF STEAK & MUSHROOM CASSEROLE, with mashed potato, swede, & peas	292127 V GF RASPBERRY DESSERT
	218245 GF SHEPHERD'S PIE, with carrots & peas	FP V GF FRUIT POT
	217446 ♥ V GF VEGETABLE HOTPOT, with peas	
	217410 ♥ V GF OMELETTE, chips & beans	
Thursday (11)	291019 V GF TOMATO SOUP	293135 V GF JAM SPONGE, with custard
	218208 GF P COTTAGE PIE, with carrots, swede & green beans	293906 V <15 BLACKCURRANT PIE, with custard
	218303 ♥ BREADED FISH, with mashed potato & peas	292148 V STRAWBERRY TRIFLE
	218318 P ALL DAY BREAKFAST, bacon, sausage, omelette, hash browns & baked beans	FP V GF FRUIT POT
	217445 V VEGETABLE LASAGNE, with carrots & green beans	
	217412 V GF CHEESY VEGETABLE BAKE, with saute potatoes, carrots, swede & peas	
Friday (12)	291014 V LEEK & POTATO SOUP	293838 V * BAKEWELL TART, with custard
	218316 ♥ GF FISH IN BUTTER SAUCE, with fried diced potatoes, carrots & Romano beans	293959 V P <15 * RHUBARB CRUMBLE, with custard
	218204 P BEEF LASAGNE, with carrots & peas	292123 V GF COFFEE DESSERT
	218242 MINTED LAMB & DUMPLING, with mashed potato, mashed carrot & swede	FP V GF FRUIT POT
	217432 V VEGETARIAN SAUSAGE & MASH, with carrots, swede & onion gravy	
	217401 V MACARONI CHEESE, with carrots, sweetcorn & peas	
Saturday (13)	291009 GF CHICKEN SOUP	293858 V BREAD & BUTTER PUDDING, with custard
	218279 GF P CHICKEN BREAST, CHEESE & BACON, with boiled potatoes, green beans & peas	293900 V <15 APPLE PIE, with custard
	218209 ♥ GF SAVOURY MINCED BEEF, with mashed potato, carrots & swede	292124 V GF <15 CHOCOLATE MOUSSE
	218276 GF * LEMON & GINGER CHICKEN, with vegetable rice	FP V GF FRUIT POT
	217442 V * CHEESE & ONION PIE, with sweet potato, potato & carrot mash & green beans	
	217428 V GF VEGETARIAN COTTAGE PIE, with Quorn mince, mashed potato, carrots, swede & peas	
Sunday (14)	291020 V GF CHUNKY VEGETABLE SOUP	293133 V PLUM & CHERRY PIE, with custard
	218229 ♥ GF BEEF WITH ROAST POTATOES, with carrots, peas, & gravy	293924 V <15 GOLDEN SYRUP SPONGE, with custard
	218336 * P VIENNA STEAK (pork), with mashed potato, sweetcorn & peas	292128 V GF <15 APRICOT & PEACH DESSERT
	218273 SLICED TURKEY, with roast potatoes, mashed carrot & parsnip, green beans, stuffing & gravy	FP V GF FRUIT POT
	217449 ♥ V CHICKPEA KATSU CURRY, with white rice	
	217407 V GF CAULIFLOWER & BROCCOLI BAKE, with diced fried potatoes & carrots	



"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