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Description automatically generated HARROGATE NEIGHBOURS MEALS ON WHEELS delivered by FOOD ANGEL VOLUNTEERS

**WEEK 1 MENU**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Postcode:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ALLERGIES:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Meals required** | | | **Tuesday** | **Meals required** | | |
| Beef & Vegetable Casserole |  |  |  | Spaghetti Bolognese with Cheesy Garlic Bread |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Seafood and Spinach Pie |  |  |  | Sausages with Bubble & Squeak and Onion Gravy |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Winter Vegetable Casserole (V) |  |  |  | Quorn Sausages with Bubble & Squeak and onion Gravy (V) |  |  |  |
|  |  |  |  |  |  |  |  |
| Banana & Caramel Pudding |  |  |  | Carrot Cake with Vanilla Cream |  |  |  |
|  |  |  |  |  |  |  |  |
| **Wednesday** | **Meals required** | | | **Thursday** | **Meals required** | | |
| Breast of Chicken with Port & Rosemary Sauce |  |  |  | Pork & Black Pudding Pie with Wholegrain Mustard Sauce |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Irish Lamb Stew |  |  |  | Butternut, Mushroom & Chestnut Wellington with Cheese and Mustard Sauce (V) |  |  |  |
| **OR** |  |  |  |  |  |  |  |
| Quorn Fillet with Port & Rosemary Sauce (V) |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Apple & Blackberry Crumble with Custard |  |  |  | Marmalade Sponge |  |  |  |
|  |  |  |  |  |  |  |  |
| **Friday** | **Meals required** | | | **PLEASE NOTE:**  Any changes or cancellations must be given 24 hours in advance of the designated delivery.  \*All main meals are served with potatoes and seasonal vegetables unless stated otherwise\*  Food allergies and intolerances – please speak to a team member if you have any concerns regarding this when placing your order.  If you have any queries, please contact The Food Angels Team on **01423 888083** or email: [**foodangels@hnha.co.uk**](mailto:foodangels@hnha.co.uk)  **(V) = Vegetarian, (P) = Pescetarian** | | | |
| Fresh Battered Haddock & Chips  with Mushy Peas OR Garden Peas |  |  |  |
| **OR** |  |  |  |
| Poached Haddock & Mash with Parsley Sauce |  |  |  |
| **OR** |  |  |  |
| Baked Potato (V) (P)  (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
| **OR** |  |  |  |
| Steak & Ale Pie |  |  |  |
|  |  |  |  |
| Blackberry Meringue Pie |  |  |  |
|  |  |  |  |

**Sandwiches and/or Soup options**

|  |  |
| --- | --- |
| **Monday** |  |
| **Tuesday** |  |
| **Wednesday** |  |
| **Thursday** |  |
| **Friday** |  |

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**WEEK 2 MENU**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Postcode:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ALLERGIES:**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Meals required** | | | **Tuesday** | **Meals required** | | |
| Minced Beef with Herb Dumplings |  |  |  | Pork and Apple Casserole with Mustard and Sage |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Haddock with a Lemon Butter Sauce |  |  |  | Roasted Vegetable & Feta tart with Tomato Sauce (V) |  |  |  |
| **OR** |  |  |  |  |  |  |  |
| Quorn Mince and Herb Dumplings (V) |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Steamed Chocolate Pudding |  |  |  | Sticky Ginger & Apple Sponge |  |  |  |
|  |  |  |  |  |  |  |  |
| **Wednesday** | **Meals required** | | | **Thursday** | **Meals required** | | |
| Chilli Con Carne with Rice |  |  |  | Shepherd’s Pie |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Roast Chicken with Stuffing & Gravy |  |  |  | Smoked Sausage & Bean Casserole |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Vegan Chilli Con Carne with Rice (V) |  |  |  | Quorn Sausage & Bean Casserole (V) |  |  |  |
|  |  |  |  |  |  |  |  |
| Banoffee & Peanut Butter Pie |  |  |  | Spiced Pumpkin Pie with Cinnamon Cream |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Friday** | **Meals required** | | | **PLEASE NOTE:**  Any changes or cancellations must be given 24 hours in advance of the designated delivery.  \*All main meals are served with potatoes and seasonal vegetables unless stated otherwise\*  Food allergies and intolerances – please speak to a team member if you have any concerns regarding this when placing your order.  If you have any queries, please contact The Food Angels Team on **01423 888083** or email: [**foodangels@hnha.co.uk**](mailto:foodangels@hnha.co.uk)  **(V) = Vegetarian, (P) = Pescetarian** | | | |
| Fresh Battered Haddock & Chips  with Mushy Peas OR Garden Peas |  |  |  |
| **OR** |  |  |  |
| Poached Haddock with White Wine and Dill Sauce |  |  |  |
| **OR** |  |  |  |
| Baked Potato (V) (P)  (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
| **OR** |  |  |  |
| Chicken & Mushroom Pie |  |  |  |
|  |  |  |  |
| Tiramisu |  |  |  |
|  |  |  |  |

**Sandwiches and/or Soup options**

|  |  |
| --- | --- |
| **Monday** |  |
| **Tuesday** |  |
| **Wednesday** |  |
| **Thursday** |  |
| **Friday** |  |

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**WEEK 3 MENU**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Postcode:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ALLERGIES:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Meals required** | | | **Tuesday** | **Meals required** | | |
| Gammon Steak with Pineapple |  |  |  | Beef and Guiness Stew with Bacon Dumplings |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Vegetable Lasagne (V) |  |  |  | Homemade Cornish Pasty |  |  |  |
|  |  |  |  | **OR** |  |  |  |
|  |  |  |  | Homemade Vegetable Pasty (V) |  |  |  |
|  |  |  |  |  |  |  |  |
| Sticky Toffee Pudding with Toffee sauce |  |  |  | Cranberry & Orange Upside Down Cake |  |  |  |
|  |  |  |  |  |  |  |  |
| **Wednesday** | **Meals required** | | | **Thursday** | **Meals required** | | |
| Garlic Mushrooms with Meatballs & Tagliatelle |  |  |  | Cumberland Sausage & Mustard Mash with Caramelised Onion Gravy |  |  |  |
|  |  |  |  | **OR** |  |  |  |
| Warm Quiche Lorraine with New Potatoes |  |  |  | Quorn Cumberland Sausage & Mustard Mash with Caramelised Onion Gravy (V) |  |  |  |
|  |  |  |  | **OR** |  |  |  |
| Garlic Mushrooms in a Cream Sauce with Tagliatelle (V) |  |  |  | Broccoli, Bacon & Cheddar Macaroni Cheese |  |  |  |
|  |  |  |  |  |  |  |  |
| Blueberry Bakewell Tart |  |  |  | Treacle Sponge and Custard |  |  |  |
|  |  |  |  |  |  |  |  |
| **Friday** | **Meals required** | | | **PLEASE NOTE:**  Any changes or cancellations must be given 24 hours in advance of the designated delivery.  \*All main meals are served with potatoes and seasonal vegetables unless stated otherwise\*  Food allergies and intolerances – please speak to a team member if you have any concerns regarding this when placing your order.  If you have any queries, please contact The Food Angels Team on **01423 888083** or email: [**foodangels@hnha.co.uk**](mailto:foodangels@hnha.co.uk)  **(V) = Vegetarian, (P) = Pescetarian** | | | |
| Battered Haddock & Chips  with Mushy Peas OR Garden Peas |  |  |  |
| **OR** |  |  |  |
| Poached Haddock & Mash with Parsley Sauce |  |  |  |
| **OR** |  |  |  |
| Baked Potato (V) (P)  (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
| **OR** |  |  |  |
| Minced Beef & Onion Pie |  |  |  |
|  |  |  |  |
| Chocolate Torte with a Winterberry Compote |  |  |  |
|  |  |  |  |

**Sandwiches and/or Soup options**

|  |  |
| --- | --- |
| **Monday** |  |
| **Tuesday** |  |
| **Wednesday** |  |
| **Thursday** |  |
| **Friday** |  |

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**WEEK 4 MENU**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Postcode:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ALLERGIES:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Meals required** | | | **Tuesday** | **Meals required** | | |
| Toad in the Hole with Onion Gravy |  |  |  | Chicken Schnitzel with a Dijon Mustard Sauce |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Quorn Toad in the Hole with Onion Gravy (V) |  |  |  | Orange Glazed Pork with Sweet Potatoes |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Roasted Vegetable Spanish Omelette |  |  |  | Breaded Quorn Fillet with a Mustard Sauce (V) |  |  |  |
|  |  |  |  |  |  |  |  |
| Warm Black Forest Sponge with Vanilla Sauce |  |  |  | Chocolate and Pecan Nut Brownie with Cream |  |  |  |
|  |  |  |  |  |  |  |  |
| **Wednesday** | **Meals required** | | | **Thursday** | **Meals required** | | |
| Pork Chop with Cider and Apple Cream Sauce |  |  |  | Glazed Lemon & Thyme Chicken |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Smoked haddock Fishcake with Cheese & Chive Sauce |  |  |  | Creamy Broccoli & Blue Cheese Bake (V) |  |  |  |
| or |  |  |  |  |  |  |  |
| Roasted Vegetable Cake with a Ragu Sauce (V) |  |  |  | Treacle Tart with Custard |  |  |  |
| Mulled Wine Poached Pears with Custard |  |  |  |  |  |  |  |
| **Friday** | **Meals required** | | | **PLEASE NOTE:**  Any changes or cancellations must be given 24 hours in advance of the designated delivery.  \*All main meals are served with potatoes and seasonal vegetables unless stated otherwise\*  Food allergies and intolerances – please speak to a team member if you have any concerns regarding this when placing your order.  If you have any queries, please contact The Food Angels Team on **01423 888083** or email: [**foodangels@hnha.co.uk**](mailto:foodangels@hnha.co.uk)  **(V) = Vegetarian, (P) = Pescetarian** | | | |
| Battered Haddock & Chips  with Mushy Peas OR Garden Peas |  |  |  |
| **OR** |  |  |  |
| Poached Haddock & Mash with Peas and Cheese & Chive Sauce |  |  |  |
| **OR** |  |  |  |
| Baked Potato (V) (P)  (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
| **OR** |  |  |  |
| Chicken & Ham Pie |  |  |  |
|  |  |  |  |
| Chocolate Orange Cheesecake |  |  |  |
|  |  |  |  |

**Sandwiches and/or Soup options**

|  |  |
| --- | --- |
| **Monday** |  |
| **Tuesday** |  |
| **Wednesday** |  |
| **Thursday** |  |
| **Friday** |  |

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**TASTY TREAT TEA PACKAGES**

We offer two different options for our tea packages.

We can provide you with the choice of sandwich and crisps or one of our delicious homemade soups and a bread roll.

This service will be delivered to you alongside your lunch time meal.

**Option 1:**

The following sandwich fillings are available upon your request:

* Cheese & Onion (V)
* Cheese & Tomato (V)
* Corned Beef & Pickle
* Chicken & Bacon
* Egg & Cress (V)
* Ham &Tomato
* Prawn Mayonnaise (P)
* Tuna Mayonnaise

**All sandwiches can be served on either white or brown sliced bread.**

**Option 2:**

Homemade Soup and Bread roll options available upon your request are:

* Carrot & ginger (V)
* Vegetable (V)
* Cream of Chicken
* Cream of Mushroom (V)
* French Onion (V)
* Leek & Potato (V)
* Pea & Ham
* Tomato & Basil (V)

**All soup orders will be delivered cold and will require reheating prior to consumption.**

**Storage instructions**

If you are not eating your meal straight away after delivery, please use the following steps:

* Leave the meal until it has cooled to room temperature
* As soon as the meal is cooled, please place it in the refrigerator
* Keep the meal in the fridge until you intend to reheat and consume
* Meals should only be kept for 3 DAYS from the date of production, after this it would be recommended to discard the meal. (Please note, the 3 days from date of production includes the day it was produced, so this would mean date of production (day 1) followed by the following consecutive 2 days (+2) producing the 3-day recommended life span.)

**Reheating instructions**

If you are reheating your meal, please use the following steps:

* If your meal has just been delivered and is not at the temperature you require, please heat in the microwave for 2 minutes.
* If reheating from the refrigerator, heat in the microwave for 4/5 minutes depending on power of microwave, or in an oven for 30/40 minutes on a moderate heat.

***Please ensure all meals are piping hot when reheated to ensure food safety***