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**Harrogate Neighbours Housing Association**

**Meals on Wheels Service – Summer 2024 Menu**

**Starting Monday 13th May 2024**

Please complete your menu choices and return one copy to me and keep one copy for your records.

**Weekend Meals**

We do not deliver on weekends, but should you require meals for the weekend you can order extra meals through the week to use on a weekend. We do not recommend doing this with any fish dishes. All our meals are good for 3 days in the fridge or can be frozen and reheated in the oven or microwave.

**Favourite Meals**

If you prefer some meals over others, you can order extra of your favourite meals to keep and use on a day when you don’t like the option on offer. We do not recommend doing this with any fish dishes. All our meals are good for 3 days in the fridge or can be frozen and reheated in the oven or microwave.

**Allergies, Food Intolerances, Dietary Requirements**

If you have any food allergies, intolerances or dietary requirements, it is very important that you write these on your forms in the allergy section, no matter how small.

**Price Changes**

Below are the new prices that will start with the new menu on **Monday 13th May 2024**.

|  |  |
| --- | --- |
| **Main Meal and Pudding** | **£8.10** |
| **Main Meal** | **£6.10** |
| **Pudding** | **£2.00** |
| **Sandwich or Soup with crisps** | **£2.50** |
| **Sandwich or Soup with Cake** | **£3.50** |
| **Jacket Potato** | **£5.00** |

If you have any questions, please contact me via email or telephone:

**Meals on Wheels Co-ordinator: Helen Easton**

**Meals on Wheels - Food Angels Office: 01423 888083**

**Email: foodangels@hnha.co.uk**

**WEEK 1 MENU**

|  |  |  |  |
| --- | --- | --- | --- |
| **Monday** | **Meals required** | **Tuesday** | **Meals required** |
| Pork Tenderloin with a Honey & Garlic Sticky Sauce |  |  |  | Ham Cheese & Potato Pie with a Cheese & Chive Sauce |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Vegetable Chilli with Rice & Soured Cream (V) |  |  |  | Meatballs in a Smokey Tomato & Red Pepper Sauce with Pappardelle |  |  |  |
|  |  |  |  | **OR** |  |  |  |
|  |  |  |  | Cheese & Potato Pie with a Cheese & Chive Sauce (V) |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  | Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
|  |  |  |  |  |  |  |  |
| White Chocolate Brownie |  |  |  | Mango & Passionfruit Mousse |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Fruit Pot |  |  |  | Fruit Pot |  |  |  |
|  |  |  |  |  |  |  |  |
| **Wednesday** | **Meals required** | **Thursday** | **Meals required** |
| Coq Au Vin |  |  |  | Breast of Chicken with Mushrooms, Dijon Cream Sauce |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Roasted Ratatouille with Couscous, Parmesan & Garlic Bread (V) |  |  |  | Slow Cooked Beef & Ale Brisket |  |  |  |
|  |  |  |  | **OR** |  |  |  |
|  |  |  |  | Quorn Fillet with a Mushroom & Dijon Cream Sauce (V) |  |  |  |
|  |  |  |  | **OR** |  |  |  |
|  Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  | Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
|  |  |  |  |  |  |  |  |
| Chocolate & Hazelnut Bread & Butter Pudding & Custard |  |  |  | Chocolate Tart with Fresh Berries |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Fruit Pot |  |  |  | Fruit Pot |  |  |  |
|  |  |  |  |  |  |  |  |
| **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 MOW Team on **01423 888083** or email: **foodangels@hnha.co.uk****(V) = Vegetarian, (P) = Pescetarian****Name**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Logo  Description automatically generated**Address**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**ALLERGIES**:­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Fresh Battered Haddock & Chips with Mushy Peas OR Garden Peas |  |  |  |
| **OR** |  |  |  |
| Ham & Roast Cherry Tomato Tart with a Pesto Dressing |  |  |  |
| **OR** |  |  |  |
| Poached Haddock with a Lemon & Dill Sauce (P) |  |  |  |
|  |  |  |  |
|  |  |  |  |
| **OR** |  |  |  |
| Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
|  |  |  |  |
| Strawberry Shortcake, Lemon & Vanilla Syrup |  |  |  |
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**WEEK 2 MENU**

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| --- | --- | --- | --- |
| **Monday** | **Meals required** | **Tuesday** | **Meals required** |
| Spaghetti Bolognese with Garlic Bread |  |  |  | Roast Loin of Pork with Garlic & Sage |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Hunters Chicken |  |  |  | Smoked Haddock & Leek Mornay (P) |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Spaghetti Neoplitana with Garlic Bread (V) |  |  |  | Quorn Fillet with Garlic & Sage (V) |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  | Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
|  |  |  |  |  |  |  |  |
| Blueberry Sponge & Custard |  |  |  | Strawberry Cheesecake |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Fruit Pot |  |  |  | Fruit Pot |  |  |  |
|  |  |  |  |  |  |  |  |
| **Wednesday** | **Meals required** | **Thursday** | **Meals required** |
| Steak & Ale Pie |  |  |  | Minced Beef & Onions with Herb Dumplings |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Ploughman’s Lunch |  |  |  | Ham & Leek Gratin |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Veggie Ploughman’s Lunch (V) |  |  |  | Quorn Mince & Herb Dumplings (V) |  |  |  |
|  |  |  |  | **OR** |  |  |  |
|  Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  | Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
|  |  |  |  |  |  |  |  |
| Lemon Posset |  |  |  | Chocolate & Black cherry Brownie |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Fruit Pot |  |  |  | Fruit Pot |  |  |  |
|  |  |  |  |  |  |  |  |
| **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 MOW Team on **01423 888083** or email: **foodangels@hnha.co.uk****(V) = Vegetarian, (P) = Pescetarian****Name**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Logo  Description automatically generated**Address**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**ALLERGIES**:­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Fresh Battered Haddock & Chips with Mushy Peas OR Garden Peas |  |  |  |
| **OR** |  |  |  |
| Poached Haddock & Mash with a Cheese & Onion Sauce  |  |  |  |
| **OR** |  |  |  |
| Tuna Salad with New Potatoes & Coleslaw (P) |  |  |  |
|  |  |  |  |
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| **OR** |  |  |  |
| Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
|  |  |  |  |
| Fruit Salad & Chantilly Cream |  |  |  |
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**WEEK 3 MENU**

|  |  |  |  |
| --- | --- | --- | --- |
| **Monday** | **Meals required** | **Tuesday** | **Meals required** |
| Beef Bourguignon |  |  |  | Creamy Beef Cannelloni |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Breast of Chicken with Tomato & Basil Mozzarella |  |  |  | Thai Spiced Fishcakes with Watercress Sauce |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Vegetarian Bourguignon (V) |  |  |  | Thai Spiced Veggie cakes with Watercress Sauce (V) |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  | Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
|  |  |  |  |  |  |  |  |
| Chocolate & Pecan Sponge with Maple Syrup |  |  |  | Summer Berry Jelly with Cream |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Fruit Pot |  |  |  | Fruit Pot |  |  |  |
|  |  |  |  |  |  |  |  |
| **Wednesday** | **Meals required** | **Thursday** | **Meals required** |
| Lamb & Mint Pie |  |  |  | Pork Steak with a Chestnut Mushroom & Brandy Sauce |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Ham & Asparagus Quiche with Gruyere Cheese |  |  |  | Garlic Butter Baked Chicken Thighs |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Herby Asparagus Quiche with Gruyere (V) |  |  |  | Garlic Butter Baked Quorn Fillet (V) |  |  |  |
|  |  |  |  | **OR** |  |  |  |
|  Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  | Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
|  |  |  |  |  |  |  |  |
| Salted Caramel Cheesecake |  |  |  | Lemon Drizzle Cake |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Fruit Pot |  |  |  | Fruit Pot |  |  |  |
|  |  |  |  |  |  |  |  |
| **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 MOW Team on **01423 888083** or email: **foodangels@hnha.co.uk****(V) = Vegetarian, (P) = Pescetarian****Name**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Logo  Description automatically generated**Address**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**ALLERGIES**:­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Fresh Battered Haddock & Chips with Mushy Peas OR Garden Peas |  |  |  |
| **OR** |  |  |  |
| Poached Haddock & Mash with Parsley Sauce  |  |  |  |
| **OR** |  |  |  |
| Cold Roast Beef with Potato Salad |  |  |  |
|  |  |  |  |
|  |  |  |  |
| **OR** |  |  |  |
| Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
|  |  |  |  |
| Summer Fruit Pudding & Cream |  |  |  |
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**WEEK 4 MENU**

|  |  |  |  |
| --- | --- | --- | --- |
| **Monday** | **Meals required** | **Tuesday** | **Meals required** |
| Bacon Chop with Garlic, Thyme & Mustard Sauce |  |  |  | Lasagne with Garlic Bread |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Braised Lamb with Red Wine & Apricots |  |  |  | Herb Crusted Fillet of Cod with a Lemon Butter Sauce (P) |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Braised Vegetables with Red Wine & Apricots (V) |  |  |  | Vegetable Lasagne with Garlic Bread (V) |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  | Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
|  |  |  |  |  |  |  |  |
| Apple & Raspberry Crumble with Custard |  |  |  | Sticky Toffee Pudding with Toffee Sauce |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Fruit Pot |  |  |  | Fruit Pot |  |  |  |
|  |  |  |  |  |  |  |  |
| **Wednesday** | **Meals required** | **Thursday** | **Meals required** |
| Corned Beef Hash |  |  |  | Cumberland Sausage with Champ Potatoes & Onion Gravy |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Chicken Bacon & Mushroom Pie |  |  |  | Beef Stroganoff with Rice |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Quorn Chicken & Mushroom Pie (V) |  |  |  | Mushroom Stroganoff with Rice |  |  |  |
|  |  |  |  | **OR** |  |  |  |
|  Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  | Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
|  |  |  |  |  |  |  |  |
| Banana & Toffee Trifle |  |  |  | Cherry Bakewell Tart |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Fruit Pot |  |  |  | Fruit Pot |  |  |  |
|  |  |  |  |  |  |  |  |
| **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 MOW Team on **01423 888083** or email: **foodangels@hnha.co.uk****(V) = Vegetarian, (P) = Pescetarian****Name**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Logo  Description automatically generated**Address**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**ALLERGIES**:­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Fresh Battered Haddock & Chips with Mushy Peas OR Garden Peas |  |  |  |
| **OR** |  |  |  |
| Poached Haddock & Mash with Cheese & Chive Sauce (P)  |  |  |  |
| **OR** |  |  |  |
| Smoked Chicken Ceaser Salad |  |  |  |
|  |  |  |  |
|  |  |  |  |
| **OR** |  |  |  |
| Baked Potato (V) (P)(SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
|  |  |  |  |
| Profiteroles with Chocolate & Caramel Sauce |  |  |  |
|  |  |  |  |
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**LIGHT LUNCH OR TASTY TREAT TEA PACKAGES**

If you like a lighter lunch or would like a teatime treat, we offer two different options for you.

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

This service will be delivered to you at lunchtime.

**Option 1: Sandwich Package - All sandwiches can be served on either white or brown sliced bread.**

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

**Option 2: Soup Package - All soup orders will be delivered cold and will require reheating prior to consumption.**

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)

**Please write your sandwich filling choices/soup choices in the table below for the days you require.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** |
| **Flavour** | ***Total*** | **Flavour** | ***Total*** | **Flavour** | ***Total*** | **Flavour** | ***Total*** | **Flavour** | ***Total*** |
| ***Sandwich & Crisps*** |  |  |  |  |  |  |  |  |  |  |
| ***Sandwich & Cake*** |  |  |  |  |  |  |  |  |  |  |
| ***Soup*** |  |  |  |  |  |  |  |  |  |  |
| ***Soup & Cake*** |  |  |  |  |  |  |  |  |  |  |

**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.