 HARROGATE NEIGHBOURS MEALS ON WHEELS delivered by FOOD ANGEL Volunteers

**WEEK 1 MENU**

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

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

**ALLERGIES:**

| **Monday** | **Meals required** | **Tuesday** | **Meals required** |
| --- | --- | --- | --- |
| Stewed steak and onions |  | Salmon and leek crumble |  |
| OR |  | OR |  |
| Hunters chicken |  | Tomato and fresh basil pasta bake (V) |  |
| OR |  | or |  |
| Veggie quiche with new potatoes (V)or |  | Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  | Strawberry crumble |  |
| Pineapple upside down cakeor |  | or |  |
| Rice pudding |  | Semolina |  |

| **Wednesday** | **Meals required** | **Thursday** | **Meals required** |
| --- | --- | --- | --- |
| Chicken and vegetable pie |  | Moroccan lamb with couscous |  |
| OR |  | OR |  |
| Toad in hole |  | Pork goulash |  |
| OR |  | OR |  |
| Mushroom stroganoff (V)or |  | Sweet potato and chickpea tagine (V)or |  |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  | Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |
| Caramel parfait |  | Rhubarb and ginger pie |  |
| or |  | or |  |
| Ground rice |  | Rice pudding |  |

| **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****(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) |  |
| Banana bread with toffee sauce |  |
| or |  |
| Semolina |  |

 HARROGATE NEIGHBOURS MEALS ON WHEELS delivered by FOOD ANGEL Volunteers

**WEEK 2 MENU**

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

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

**ALLERGIES:**

| **Monday** | **Meals required** | **Tuesday** | **Meals required** |
| --- | --- | --- | --- |
| Beef stew and dumplings |  | Cod and parsley fishcakes |  |
| OR |  | OR |  |
| Turkey and leek savoury crumble |  | Steak and kidney pudding  |  |
| OR |  | OR |  |
| Quorn stew and Herb Dumplings (V)or |  | Beer macaroni cheese bake (V)or |  |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  | Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |
| Apple and blackberry pieor |  | Sticky toffee pudding or |  |
| Semolina |  | Ground rice |  |

| **Wednesday** | **Meals required** | **Thursday** | **Meals required** |
| --- | --- | --- | --- |
| Sausage , sage and apple pie |  | Chicken korma with rice and naan bread |  |
| OR |  | OR |  |
| Chicken escalope |  | BBQ pulled pork with triple cooked wedges |  |
| OR |  | OR |  |
| Vegan sausage casserole (V)or |  | Cauliflower and chickpea korma (V)or |  |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  | Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |
| Raspberry possetor |  | Cherry crumble or |  |
| Rice pudding |  | Semolina |  |

| **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****(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) |  |
| Chocolate mousse |  |
| or |  |
| Ground rice |  |

HARROGATE NEIGHBOURS MEALS ON WHEELS delivered by FOOD ANGEL Volunteers

**WEEK 3 MENU**

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

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

**ALLERGIES:**

| **Monday** | **Meals required** | **Tuesday** | **Meals required** |
| --- | --- | --- | --- |
| Chicken casserole |  | Smoked haddock in butter sauce |  |
| OR |  | OR |  |
| Cottage pie  |  | Pork steak |  |
| OR |  | OR |  |
| Quorn mince pieor |  | Stuffed peppers with savoury rice (V)or |  |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  | Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |
| Jam and coconut spongeor |  | Apple pie or |  |
| Ground rice |  | Rice pudding |  |

| **Wednesday** | **Meals required** | **Thursday** | **Meals required** |
| --- | --- | --- | --- |
| Steak and kidney suet pudding |  | Thai green curry |  |
| OR |  | OR |  |
| Bacon carbonara |  | Quiche Lorraine |  |
| OR |  | OR |  |
| Quorn and vegetable pie (V)or |  | Veggie quicheor |  |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  | Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |
| Raspberry mousse |  | Peach cobbler  |  |
| or |  | or |  |
| Semolina |  | Ground rice |  |

| **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****(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) |  |
| Scones with jam and fresh cream |  |
| or |  |
| Rice pudding |  |

HARROGATE NEIGHBOURS MEALS ON WHEELS delivered by FOOD ANGEL Volunteers

**WEEK 4 MENU**

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

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

**ALLERGIES:**

| **Monday** | **Meals required** | **Tuesday** | **Meals required** |
| --- | --- | --- | --- |
| Turkey chilli and rice |  | Fish pie |  |
| OR |  | OR |  |
| Cumberland sausage ring |  | Beef stroganoff with rice |  |
| OR |  | OR |  |
| Vegetable chilli (V)or |  | Vegetable bake (V)or |  |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  | Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |
| Spotted dickor |  | Chocolate and raspberry mousseor |  |
| Rice pudding |  | Semolina  |  |

| **Wednesday** | **Meals required** | **Thursday** | **Meals required** |
| --- | --- | --- | --- |
| Turkey ,ham and leek pie |  | Chinese butter chicken |  |
| **OR** |  | **OR** |  |
| Spaghetti bolognaise |  | Salmon tart  |  |
| **OR** |  | **OR** |  |
| Vegetable bolognaise (V)or |  | Butternut curry ( V ) or |  |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  | Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |
| Eve’s pudding  |  | Parkin |  |
| or |  | or |  |
|  Ground rice |  | Rice pudding  |  |

| **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****(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) |  |
| Tiramisu |  |
| or |  |
| Semolina |  |

**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: 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.

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