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Description automatically generatedHARROGATE NEIGHBOURS MEALS ON WHEELS delivered by FOOD ANGEL VOLUNTEERS

**WEEK 1 MENU**

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

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

**ALLERGIES:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Meals required** | | | **Tuesday** | **Meals required** | | |
| Coq au Vin |  |  |  | Spaghetti Carbonara |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Cheese, Onion, and Potato Pie |  |  |  | Sweet Potato and Chickpea Tagine |  |  |  |
| **OR** |  |  |  |  |  |  |  |
| Quorn alternative (V) |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Apple and Raspberry crumble with vanilla sauce |  |  |  | Peach sponge and custard |  |  |  |
|  |  |  |  |  |  |  |  |
| **Wednesday** | **Meals required** | | | **Thursday** | **Meals required** | | |
| Pork Sausages with Whole Grain Mustard Mash |  |  |  | Steak and Mushroom Pie |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Ploughman’s Lunch |  |  |  | Macaroni Cheese |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Quorn Sausages |  |  |  | Tuna Salad with New potatoes and coleslaw |  |  |  |
|  |  |  |  |  |  |  |  |
| Baked Rice Pudding |  |  |  | Summer pudding with Chantilly 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 & Mash with Parsley Sauce |  |  |  |
| **OR** |  |  |  |
| Baked Potato (V) (P)  (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
| **OR** |  |  |  |
| Chicken Caesar Salad |  |  |  |
|  |  |  |  |
| Raspberry panna cotta |  |  |  |
|  |  |  |  |

**Sandwiches and/or Soup options**

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

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**WEEK 2 MENU**

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

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

**ALLERGIES:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Meals required** | | | **Tuesday** | **Meals required** | | |
| Beef Bourguignon |  |  |  | Chicken Kiev |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Salmon and Leek Crumble |  |  |  | Roasted Red Pepper Linguine |  |  |  |
|  |  |  |  | **OR** |  |  |  |
| Eves Pudding with Cinnamon and Vanilla Sauce |  |  |  | Quorn Fillet with Garlic Sauce |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  | Lemon posset |  |  |  |
|  |  |  |  |  |  |  |  |
| **Wednesday** | **Meals required** | | | **Thursday** | **Meals required** | | |
| BBQ Pork Steaks |  |  |  | Homemade Sausage Roll, Chutney and Bread Roll |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Chicken Goujons and Coleslaw |  |  |  | Smoked Salmon Tart |  |  |  |
| **OR** |  |  |  |  |  |  |  |
| Chicken Salad |  |  |  | Vegetable Quiche |  |  |  |
|  |  |  |  |  |  |  |  |
| Lemon Drizzle Sponge |  |  |  | Chocolate Brownie with Chocolate Sauce |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **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 and Cheese Sauce |  |  |  |
| **OR** |  |  |  |
| Baked Potato (V) (P)  (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
| **OR** |  |  |  |
| Lemon Pepper Chicken |  |  |  |
|  |  |  |  |
| Raspberry Mousse |  |  |  |
|  |  |  |  |

**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** | | |
| Sausage, Apple and Sage Pie |  |  |  | Salmon and Watercress Sauce |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Vegetable Lasagne (V) |  |  |  | Corned Beef Pasty and Chips |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Turkey ala King |  |  |  | Vegetable Mornay (V) |  |  |  |
|  |  |  |  |  |  |  |  |
| Orange Drizzle Cake |  |  |  | Chocolate and Peppermint Mousse |  |  |  |
|  |  |  |  |  |  |  |  |
| **Wednesday** | **Meals required** | | | **Thursday** | **Meals required** | | |
| Chicken in Honey and Mustard Sauce |  |  |  | Minced Beef and Onions with Dumplings |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Tuna Pasta Bake |  |  |  | Mushroom Stroganoff (v) |  |  |  |
| **OR** |  |  |  |  |  |  |  |
| Vegetable Bake (V) |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Bakewell Tart and Almond Sauce |  |  |  | Jam Roly Poly 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 White Wine and Dill Sauce |  |  |  |
| **OR** |  |  |  |
| Baked Potato (V) (P)  (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
| **OR** |  |  |  |
| Chicken Salad |  |  |  |
|  |  |  |  |
| Cranachan (Whipped Cream with Toasted Oats and Honey) |  |  |  |
|  |  |  |  |

**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** | | |
| Lasagne with Salad and Garlic bread |  |  |  | Roast Loin of Pork with Sage & Garlic Butter |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Homemade Fish Goujons and Tartare Sauce |  |  |  | Meatballs in Tomato and Basil Sauce with Spaghetti |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Vegetarian Lasagne |  |  |  | Vegetable Linguine (V) |  |  |  |
|  |  |  |  |  |  |  |  |
| Chocolate and Peppermint Sponge |  |  |  | Rhubarb Crumble and Ginger Custard |  |  |  |
|  |  |  |  |  |  |  |  |
| **Wednesday** | **Meals required** | | | **Thursday** | **Meals required** | | |
| Toad int Hole |  |  |  | Breast of Chicken with Tomato and Basil Sauce topped with Mozzarella |  |  |  |
| **OR** |  |  |  | **OR** |  |  |  |
| Ham Hock Terrine with Piccalilli |  |  |  | Homemade Fish Cakes with Cheese and Mustard Sauce |  |  |  |
|  |  |  |  | **OR** |  |  |  |
| Sticky Toffee Pudding with Toffee Sauce |  |  |  | Vegetarian Option (Quorn fillet) |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  | Lemon Meringue Pie |  |  |  |
|  |  |  |  |  |  |  |  |
| **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 Parsley sauce |  |  |  |
| **OR** |  |  |  |
| Baked Potato (V) (P)  (SALAD / BEANS / CHEESE / BUTTER / TUNA) |  |  |  |
| **OR** |  |  |  |
| Roast Ham and Egg Salad with Honey and Mustard Dressing |  |  |  |
|  |  |  |  |
| Earl Grey Panna Cotta with Plum Compote |  |  |  |
|  |  |  |  |

**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 & Sweetcorn
* 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)
* Chunky Vegetable (V)
* Cream of Chicken
* Cream of Mushroom (V)
* French Onion (V)
* Leek & Potato and water cress (V)
* Pea & mint
* 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***