HARROGATE 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****(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** |  |

HARROGATE NEIGHBOURS MEALS ON WHEELS delivered by FOOD ANGEL VOLUNTEERS

**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****(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** |  |

HARROGATE NEIGHBOURS MEALS ON WHEELS delivered by FOOD ANGEL VOLUNTEERS

**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****(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** |  |

HARROGATE NEIGHBOURS MEALS ON WHEELS delivered by FOOD ANGEL VOLUNTEERS

**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****(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** |  |



**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***