

WEEK 1 MENU
 Name: _____
 Address: _____ Postcode: _____
ALLERGIES:

| Monday | Meals required | Tuesday | Meals required |
|---|----------------------|---|----------------------|
| Savoury Mince, Mash Potato | <input type="text"/> | Sausage Casserole | <input type="text"/> |
| Bacon Chop | <input type="text"/> | Hunters Chicken | <input type="text"/> |
| Quorn Mince, Mash Potato (V) | <input type="text"/> | Vegetable Casserole | <input type="text"/> |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> | Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> |
| Pineapple upside down cake | <input type="text"/> | Apple Crumble | <input type="text"/> |
| Fruit Pot | <input type="text"/> | Fruit Pot | <input type="text"/> |

| Wednesday | Meals required | Thursday | Meals required |
|---|----------------------|---|----------------------|
| Roasted Pork Loin | <input type="text"/> | Chicken Stew | <input type="text"/> |
| Beef Stroganoff | <input type="text"/> | Spaghetti Bolognese | <input type="text"/> |
| Mushroom Stroganoff (V) | <input type="text"/> | Vegetable Bolognese (V) | <input type="text"/> |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> | Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> |
| Chocolate Brownie and Berry Compote | <input type="text"/> | Sticky toffee Pudding | <input type="text"/> |
| Fruit Pot | <input type="text"/> | Fruit Pot | <input type="text"/> |

| Friday | Meals required | PLEASE NOTE: |
|---|----------------------|--|
| Fresh Battered Haddock & Chips with Mushy Peas OR Garden Peas | <input type="text"/> | Any changes or cancellations must be given 24 hours in advance of the designated delivery. |
| Poached Haddock & Mash with Parsley Sauce | <input type="text"/> | *All main meals are served with potatoes and seasonal vegetables unless stated otherwise* |
| Homemade Beef Pie | <input type="text"/> | Food allergies and intolerances – please speak to a team member if you have any concerns regarding this when placing your order. |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> | If you have any queries, please contact The Food Angels Team on 01423 888083 or email: foodangels@hnha.co.uk |
| Profiteroles | <input type="text"/> | (V) = Vegetarian, (P) = Pescetarian |
| Fruit Pot | <input type="text"/> | |

WEEK 2 MENU

Name: _____

Address: _____ Postcode: _____

ALLERGIES:

| Monday | Meals required | Tuesday | Meals required |
|---|----------------------|--|----------------------|
| Lasagne and Garlic Bread | <input type="text"/> | Shepherd's Pie | <input type="text"/> |
| Pork Steaks | <input type="text"/> | Turkey Steak with a Peppercorn sauce | <input type="text"/> |
| Vegetable Lasagne (V) | <input type="text"/> | Veggie Shepherd's Pie (V) | <input type="text"/> |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> | Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> |
| Blueberry sponge | <input type="text"/> | Vanilla Cheesecake with Toffee sauce | <input type="text"/> |
| Fruit Pot | <input type="text"/> | Fruit Pot | <input type="text"/> |
| Wednesday | Meals required | Thursday | Meals required |
| Roast Chicken | <input type="text"/> | Mild Chilli Con Carne and Rice | <input type="text"/> |
| Corned Beef Hash | <input type="text"/> | Toad in the Hole | <input type="text"/> |
| Roasted Quorn Fillet (V) | <input type="text"/> | Vegetable Chilli (V) | <input type="text"/> |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> | Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> |
| Bread and Butter Pudding | <input type="text"/> | Apple and Cinnamon Pie | <input type="text"/> |
| Fruit Pot | <input type="text"/> | Fruit Pot | <input type="text"/> |
| Friday | Meals required | PLEASE NOTE: | |
| Fresh Battered Haddock & Chips with Mushy Peas OR Garden Peas | <input type="text"/> | Any changes or cancellations must be given 24 hours in advance of the designated delivery. | |
| Poached Haddock & Mash with Parsley Sauce | <input type="text"/> | *All main meals are served with potatoes and seasonal vegetables unless stated otherwise* | |
| Homemade Chicken Pie | <input type="text"/> | Food allergies and intolerances – please speak to a team member if you have any concerns regarding this when placing your order. | |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> | If you have any queries, please contact The Food Angels Team on 01423 888083 or email: foodangels@hnha.co.uk | |
| White Chocolate and Raspberry mousse | <input type="text"/> | (V) = Vegetarian, (P) = Pescetarian | |
| Fruit Pot | <input type="text"/> | | |

WEEK 3 MENU

Name: _____

Address: _____ Postcode: _____

ALLERGIES:

| Monday | Meals required | Tuesday | Meals required |
|---|----------------------|---|----------------------|
| Breast of Chicken in a Creamy Mushroom sauce | <input type="text"/> | Chicken Escalope | <input type="text"/> |
| Pasta and Meatballs | <input type="text"/> | Cottage Pie | <input type="text"/> |
| Vegetable Pasta Bake | <input type="text"/> | Vegetable Hot Pot (V) | <input type="text"/> |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> | Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> |
| Treacle sponge | <input type="text"/> | Lemon Posset | <input type="text"/> |
| Fruit Pot | <input type="text"/> | Fruit Pot | <input type="text"/> |
| Wednesday | Meals required | Thursday | Meals required |
| Beef Bourguignon | <input type="text"/> | Chicken Caesar Salad | <input type="text"/> |
| Fish Cake with a Parsley and Tarragon sauce | <input type="text"/> | All Day Breakfast | <input type="text"/> |
| Vegetable Bourguignon (V) | <input type="text"/> | Quorn Breakfast | <input type="text"/> |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> | Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> |
| Peach Crumble | <input type="text"/> | Banana Bread | <input type="text"/> |
| Fruit Pot | <input type="text"/> | Fruit Pot | <input type="text"/> |
| Friday | Meals required | <p>PLEASE NOTE:</p> <p>Any changes or cancellations must be given 24 hours in advance of the designated delivery.</p> <p>*All main meals are served with potatoes and seasonal vegetables unless stated otherwise*</p> <p>Food allergies and intolerances – please speak to a team member if you have any concerns regarding this when placing your order.</p> <p>If you have any queries, please contact The Food Angels Team on 01423 888083 or email: foodangels@hnha.co.uk</p> <p>(V) = Vegetarian, (P) = Pescetarian</p> | |
| Fresh Battered Haddock & Chips with Mushy Peas OR Garden Peas | <input type="text"/> | | |
| Poached Haddock & Mash with Parsley Sauce | <input type="text"/> | | |
| Homemade Chicken and Ham Pie | <input type="text"/> | | |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> | | |
| Black Forest Gateaux | <input type="text"/> | | |
| Fruit Pot | <input type="text"/> | | |

HARROGATE NEIGHBOURS MEALS ON WHEELS delivered by FOOD ANGEL Volunteers

WEEK 4 MENU

Name: _____

Address: _____ Postcode: _____

ALLERGIES:

| Monday | Meals required | Tuesday | Meals required |
|---|----------------------|---|----------------------|
| Chicken Goujons | <input type="text"/> | Lamb Hot Pot | <input type="text"/> |
| Sausage and Mash | <input type="text"/> | Liver ,Onion and Bacon Casserole | <input type="text"/> |
| Quorn Sausage and Mash (V) | <input type="text"/> | Vegetable Stew (V) | <input type="text"/> |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> | Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> |
| Jam & Coconut Sponge Sponge | <input type="text"/> | Strawberry Cheesecake | <input type="text"/> |
| Fruit Pot | <input type="text"/> | Fruit Pot | <input type="text"/> |

| Wednesday | Meals required | Thursday | Meals required |
|---|----------------------|---|----------------------|
| Roast Gammon | <input type="text"/> | Meat and Potato Pasty | <input type="text"/> |
| Tuna Salad | <input type="text"/> | Chicken Kiev | <input type="text"/> |
| Quorn Fillet (V) | <input type="text"/> | Vegetable Pasty (V) | <input type="text"/> |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> | Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> |
| Chocolate Sponge & Chocolate custard | <input type="text"/> | Peaches with whipped cream | <input type="text"/> |
| Fruit Pot | <input type="text"/> | Fruit Pot | <input type="text"/> |

| Friday | Meals required |
|---|----------------------|
| Fresh Battered Haddock & Chips with Mushy Peas OR Garden Peas | <input type="text"/> |
| Poached Haddock & Mash with Parsley Sauce | <input type="text"/> |
| Homemade Corned Beef Pie | <input type="text"/> |
| Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) | <input type="text"/> |
| Jelly and Cream | <input type="text"/> |
| Fruit Pot | <input type="text"/> |

PLEASE NOTE:

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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

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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: 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.

| | <i>Monday</i> | | <i>Tuesday</i> | | <i>Wednesday</i> | | <i>Thursday</i> | | <i>Friday</i> | |
|-------------------------------------|-----------------------|---------------------|-----------------------|---------------------|-------------------------|---------------------|------------------------|---------------------|-----------------------|---------------------|
| | <i>Flavour</i> | <i>Total</i> | <i>Flavour</i> | <i>Total</i> | <i>Flavour</i> | <i>Total</i> | <i>Flavour</i> | <i>Total</i> | <i>Flavour</i> | <i>Total</i> |
| <i>Sandwich & Crisps</i> | | | | | | | | | | |
| <i>Sandwich & Cake</i> | | | | | | | | | | |
| <i>Soup</i> | | | | | | | | | | |
| <i>Soup & Cake</i> | | | | | | | | | | |

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