

Summer WEEK 1 MENU – starting 4th May

Name: _____

Address: _____ Postcode: _____

ALLERGIES:

<p style="text-align: center;">Monday</p> <p>Braised beef with peppercorn sauce OR Lentil and bacon casserole OR Chickpea and lentil bake (v) Lemon sponge and custard</p>	<p style="text-align: center;">Meals required</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<p style="text-align: center;">Tuesday</p> <p>Crab cakes with red pepper sauce + veg OR Turkey chilli con carne and rice OR Sweet Potato and Chickpea Tagine (V) Apple crumble and custard</p>	<p style="text-align: center;">Meals required</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
<p style="text-align: center;">Wednesday</p> <p>Roast gammon in white wine and mushroom sauce OR Chicken and bacon tartlet OR Spinach and leek tart (V) Lemon and honey cream posset</p>	<p style="text-align: center;">Meals required</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<p style="text-align: center;">Thursday</p> <p>Crispy Chicken in Katsu Curry Sauce OR Hot sausage roll and red onion chutney OR Vegetable curry and rice Trifle</p>	<p style="text-align: center;">Meals required</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
<p style="text-align: center;">Friday</p> <p>Fresh Battered Haddock & Chips with Mushy Peas OR Poached Haddock, Mash and garden peas with Parsley Sauce OR Steak & Mushroom Pie Carrot cake</p>	<p style="text-align: center;">Meals required</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<p style="text-align: center;">PLEASE NOTE:</p> <p>Any changes or cancellations must be given 48 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>	

Jacket potatoes are available any day, served with your choice of filling and salad.

WEEK 2 MENU

Name: _____

Address: _____ Postcode: _____

ALLERGIES:

<p style="text-align: center;">Monday</p> <p style="text-align: center;">Meals required</p> <p style="text-align: center;">Salmon and broccoli bake OR Pork steak with port and plum sauce OR Broccoli and spinach bake (V)</p> <p style="text-align: center;">Chocolate Mousse</p>	<p style="text-align: center;">Tuesday</p> <p style="text-align: center;">Meals required</p> <p style="text-align: center;">Butter curry chicken with rice OR Sausage, chips and beans OR Quorn sausage, chips and beans OR Ginger sponge and custard</p>
<p style="text-align: center;">Wednesday</p> <p style="text-align: center;">Meals required</p> <p style="text-align: center;">Roast beef with red wine and thyme jus OR Quiche Lorraine OR Leek and Stilton tart (V)</p> <p style="text-align: center;">Fresh jam and cream scone</p>	<p style="text-align: center;">Thursday</p> <p style="text-align: center;">Meals required</p> <p style="text-align: center;">Hunters chicken OR Pork goulash with rice OR Pesto pasta with peas and cherry tomatoes (V)</p> <p style="text-align: center;">Dark chocolate cheesecake</p>
<p style="text-align: center;">Friday</p> <p style="text-align: center;">Meals required</p> <p style="text-align: center;">Fresh Battered Haddock & Chips with Mushy Peas OR Poached Haddock with White Wine and Dill Sauce OR Turkey, ham, leek and mushroom pie</p> <p style="text-align: center;">Raspberry and white chocolate tart</p>	<p style="text-align: center;">PLEASE NOTE:</p> <p>Any changes or cancellations must be given 48 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>

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WEEK 3 MENU

Name: _____

Address: _____ Postcode: _____

ALLERGIES:

<p style="text-align: center;">Monday</p> <p>Steak Diane OR Chicken Florentine OR Roasted red pepper spinach & feta penne pasta (V) Jam and coconut sponge</p>	<p style="text-align: center;">Meals required</p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p style="text-align: center;">Tuesday</p> <p>Prawn and leek crumble OR Shepherd's pie OR Roast vegetable crumble (V) Apple and rhubarb crumble</p>	<p style="text-align: center;">Meals required</p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p style="text-align: center;">Wednesday</p> <p>Roast chicken with cream of garlic sauce OR Ham and leek tartlet OR Quorn fillet with cream of garlic sauce (V) Summer Pudding</p>	<p style="text-align: center;">Meals required</p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p style="text-align: center;">Thursday</p> <p>Pork faggot OR Lemony orzo and tuna salad with broccoli OR Roast chickpea salad Crème Brule tart</p>	<p style="text-align: center;">Meals required</p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p style="text-align: center;">Friday</p> <p>Battered Haddock & Chips with Mushy Peas OR Poached Haddock & Mash with Parsley Sauce OR Chicken and bacon pie Apple and cinnamon panna cotta</p>	<p style="text-align: center;">Meals required</p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p style="text-align: center;">PLEASE NOTE:</p> <p>Any changes or cancellations must be given 48 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>	

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WEEK 4 MENU

Name: _____

Address: _____ Postcode: _____

ALLERGIES:

<p style="text-align: center;">Monday</p> <p>Lentil and chorizo casserole</p> <p style="text-align: center;">OR</p> <p>Seafood pie (V)</p> <p style="text-align: center;">OR</p> <p>Red lentil casserole</p> <p>Pineapple upside-down cake with custard</p>	<p style="text-align: center;">Meals required</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<p style="text-align: center;">Tuesday</p> <p>Smoked pork lasagne</p> <p style="text-align: center;">OR</p> <p>Hot honey chicken and sweet potato bake</p> <p style="text-align: center;">OR</p> <p>Quorn lasagne (V)</p> <p>Raspberry cheesecake</p>	<p style="text-align: center;">Meals required</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
<p style="text-align: center;">Wednesday</p> <p>Roast turkey in butter sauce</p> <p style="text-align: center;">OR</p> <p>Bacon, cheese and onion tart</p> <p style="text-align: center;">or</p> <p>Cheese and onion tart (V)</p> <p>Caramel apple betty</p>	<p style="text-align: center;">Meals required</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<p style="text-align: center;">Thursday</p> <p>Ham and mushroom cobbler</p> <p style="text-align: center;">OR</p> <p>Braised ox tail stew</p> <p style="text-align: center;">OR</p> <p>Red pepper and hummus salad with pitta bread (V)</p> <p>Lemon and ginger sponge</p>	<p style="text-align: center;">Meals required</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
<p style="text-align: center;">Friday</p> <p>Battered Haddock & Chips with Mushy Peas</p> <p style="text-align: center;">OR</p> <p>Poached Haddock and Cheese & Chive Sauce</p> <p style="text-align: center;">OR</p> <p>Sausage and apple pie</p> <p>Sticky toffee pudding</p>	<p style="text-align: center;">Meals required</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<p style="text-align: center;">PLEASE NOTE:</p> <p>Any changes or cancellations must be given 48 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>	

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TASTY TREAT TEA PACKAGES

We offer two different options for our tea packages.

. This service will be delivered to you alongside your lunchtime meal.

Option 1: Picnic Box - All sandwiches can be served on either white or brown sliced bread and include a sandwich, crisps, cake and water.

The following sandwich fillings are available upon request:

- Cheese & Onion (V)
- Cheese & Tomato (V)
- Chicken & Bacon
- Egg & Cress (V)
- Ham & Tomato
- Prawn Cocktail (P)
- Tuna Mayonnaise

Option 2: Soup and Sandwich Package - All soup orders will be delivered cold and will require reheating prior to consumption. Includes a soup and a sandwich of your choice.

The following soup options are available, as well as the sandwich options above:

- Carrot & Coriander (V)
- Vegetable (V)
- Cream of Mushroom (V)
- French Onion (V)
- Tomato & Basil (V)

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

<u>Option 1</u>	<u>Monday</u>		<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>		<u>Friday</u>	
	Filling	White/ Brown Bread	Filling	White/ Brown Bread	Filling	White/ Brown Bread	Filling	White/ Brown Bread	Filling	White/ Brown Bread
<u>Sandwich package</u>										

<u>Option 2</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<u>Filling</u>	<u>Filling</u>	<u>Filling</u>	<u>Filling</u>	<u>Filling</u>
<u>Soup</u>					
<u>Sandwich</u>					

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. We recommend that food be refrigerated no later than 1.5 hours after delivery.
- 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

ADMIN use only

- ***Dietary Needs Checked***
- ***Week 1 Master***
- ***Week 2 Master***
- ***Week 3 Master***
- ***Week 4 Master***
- ***Database***