

**WEEK 1 MENU WINTER 2025**

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

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

**ALLERGIES:**

<b>Monday</b>  Coq au Vin OR Cheese Onion and Potato Pie V OR Winter Vegetable Casserole (V)  All served with Seasonal Vegetables and Potatoes  Apple and Raspberry Crumble with vanilla Sauce	<b>Meals required</b> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<b>Tuesday</b>  Meatloaf OR Poached Fish with Butter Sauce OR Sweet Potato and Chickpea Tagine V  All served with Seasonal Vegetables and Potatoes  Strawberry Cheesecake	<b>Meals required</b> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
<b>Wednesday</b>  Roast Turkey with Stuffing & Gravy OR Bacon and Leek Cream Tart OR Vegetable Quiche (V)  All served with Seasonal Vegetables and Potatoes  Trifle	<b>Meals required</b> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<b>Thursday</b>  BBQ Pork Steak OR Chicken with Peppercorn Sauce OR Macaroni Cheese  All served with Seasonal Vegetables and Potatoes V  Winter bread pudding with Chantilly cream	<b>Meals required</b> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
<b>Friday</b>  Fresh Breaded 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 Steak & Mushroom Pie  All served with Seasonal Vegetables and Potatoes  Raspberry Panna cotta	<b>Meals required</b> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<b>PLEASE NOTE:</b>  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 <b>01423 888083</b> or email: <a href="mailto:foodangels@hnha.co.uk">foodangels@hnha.co.uk</a>  <b>(V) = Vegetarian, (P) = Pescetarian</b>	

**WEEK 2 MENU**

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

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

**ALLERGIES:**

<b>Monday</b>	<b>Meals required</b>	<b>Tuesday</b>	<b>Meals required</b>
Braised Beef Burger	<input type="text"/>	Chicken Escalope	<input type="text"/>
<b>OR</b>		<b>OR</b>	
Salmon and Leek Crumble	<input type="text"/>	Roasted Red Pepper Linguine (V)	<input type="text"/>
<b>OR</b>			
Veggie Burger (V)	<input type="text"/>	Cottage Pie	<input type="text"/>
All served with Seasonal Vegetables and Potatoes		All served with Seasonal Vegetables and Potatoes	
Eves Pudding with cinnamon & vanilla sauce	<input type="text"/>	Lemon Possett	<input type="text"/>
<b>Wednesday</b>	<b>Meals required</b>	<b>Thursday</b>	<b>Meals required</b>
Roast Port and Apple Compote and Stuffing	<input type="text"/>	Mild Beef Chilli	<input type="text"/>
<b>OR</b>		<b>OR</b>	
Goats Cheese Tart with Red Onion Marmalade	<input type="text"/>	Cumberland Sausage Ring	<input type="text"/>
<b>OR</b>		<b>OR</b>	
Quorn alternative Roast Dinner (V)	<input type="text"/>	Quorn Sausage(V)	<input type="text"/>
All Served with Seasonal Vegetables and Potatoes		All served with Seasonal Vegetables and Potatoes	
Chocolate Fudge Brownie with chocolate sauce	<input type="text"/>	Old School Cake and Custard	<input type="text"/>
<b>Friday</b>	<b>Meals required</b>	<b>PLEASE NOTE:</b>	
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.	
<b>OR</b>		*All main meals are served with potatoes and seasonal vegetables unless stated otherwise*	
Poached Haddock with White Wine and Dill Sauce	<input type="text"/>	Food allergies and intolerances – please speak to a team member if you have any concerns regarding this when placing your order.	
<b>OR</b>		If you have any queries, please contact The Food Angels Team on <b>01423 888083</b> or email: <a href="mailto:foodangels@hnha.co.uk">foodangels@hnha.co.uk</a>	
Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA)	<input type="text"/>	<b>(V) = Vegetarian, (P) = Pescetarian</b>	
<b>OR</b>			
Steak & Kidney Pudding Individual	<input type="text"/>		
All Served with Seasonal Vegetables and Potatoes			
Raspberry Mouse	<input type="text"/>		

**WEEK 3 MENU**

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

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

**ALLERGIES:**

<b>Monday</b>	<b>Meals required</b>	<b>Tuesday</b>	<b>Meals required</b>
Sausage apple and sage Pie	<input type="text"/>	Poached Salmon & Watercress	<input type="text"/>
OR		OR	
Turkey a la King	<input type="text"/>	Mince & Onion Pasty	<input type="text"/>
OR		OR	
Stuffed Peppers (V)	<input type="text"/>	Homemade Vegetable Pasty (V)	<input type="text"/>
All Served with Seasonal Vegetables and Potatoes		All Served with Seasonal Vegetables and Potatoes	
Orange Drizzle Cake	<input type="text"/>	Chocolate & Vanilla Mouse	<input type="text"/>
<b>Wednesday</b>	<b>Meals required</b>	<b>Thursday</b>	<b>Meals required</b>
Roast Gammon	<input type="text"/>	Minced Beef & Herby Dumplings	<input type="text"/>
OR		OR	
Chicken Casserole	<input type="text"/>	Chicken Stir Fry	<input type="text"/>
OR		OR	
Quorn Casserole (V)	<input type="text"/>	Mushroom Stir Fry	<input type="text"/>
All Served with Seasonal Vegetables and Potatoes		All Served with Seasonal Vegetables and Potatoes	
Bakewell Tart	<input type="text"/>	Lime & Coconut Sponge and Custard	<input type="text"/>
<b>Friday</b>	<b>Meals required</b>	<b>PLEASE NOTE:</b>	
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.	
OR		*All main meals are served with potatoes and seasonal vegetables unless stated otherwise*	
Poached Haddock & Mash with Parsley Sauce	<input type="text"/>	Food allergies and intolerances – please speak to a team member if you have any concerns regarding this when placing your order.	
OR		If you have any queries, please contact The Food Angels Team on <b>01423 888083</b> or email: <a href="mailto:foodangels@hnh.co.uk">foodangels@hnh.co.uk</a>	
Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA)	<input type="text"/>	<b>(V) = Vegetarian, (P) = Pescetarian</b>	
OR			
Chicken in Honey & Mustard Sauce	<input type="text"/>		
All Served with Seasonal Vegetables and Potatoes			
Chocolate Torte with a Winterberry Compote	<input type="text"/>		

**WEEK 4 MENU**

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

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

**ALLERGIES:**

<b>Monday</b>	<b>Meals required</b>	<b>Tuesday</b>	<b>Meals required</b>
Lasagna	<input type="text"/>	Meatballs and Penne Pasta	<input type="text"/>
OR		OR	
Fish Goujons (V)	<input type="text"/>	Chicken Parmo	<input type="text"/>
OR		OR	
Roasted Vegetable Omelette	<input type="text"/>	Quorn Parmo (V)	<input type="text"/>
All Served with Seasonal Vegetables and Potatoes		All Served with Seasonal Vegetables and Potatoes	
Chocolate & Peppermint Sponge Cake	<input type="text"/>	Apple and Winter Berry Pie	<input type="text"/>
<b>Wednesday</b>	<b>Meals required</b>	<b>Thursday</b>	<b>Meals required</b>
Roast Beef in Peppercorn Sauce	<input type="text"/>	Pork Fillet in Apple & Cider Sauce	<input type="text"/>
OR		OR	
Chorizo Pasta Bake	<input type="text"/>	Turkey Chilli with Rice	<input type="text"/>
or		OR	
Tomato and Basil Pasta Bake (V)	<input type="text"/>	Five Bean Chilli with Rice (V)	<input type="text"/>
All Served with Seasonal Vegetables and Potatoes		All Served with Seasonal Vegetables and Potatoes	
Sticky Toffee Apple Crumble with Custard	<input type="text"/>	Lemon Meringue Pie	<input type="text"/>
<b>Friday</b>	<b>Meals required</b>	<b>PLEASE NOTE:</b>	
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.	
OR		*All main meals are served with potatoes and seasonal vegetables unless stated otherwise*	
Poached Haddock and Cheese & Chive Sauce	<input type="text"/>	Food allergies and intolerances – please speak to a team member if you have any concerns regarding this when placing your order.	
OR		If you have any queries, please contact The Food Angels Team on <b>01423 888083</b> or email: <a href="mailto:foodangels@hnha.co.uk">foodangels@hnha.co.uk</a>	
Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA)	<input type="text"/>	<b>(V) = Vegetarian, (P) = Pescetarian</b>	
OR			
Chicken Pie	<input type="text"/>		
All Served with Seasonal Vegetables and Potatoes			
Chocolate Orange Cheesecake	<input type="text"/>		

## **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><b>Monday</b></i>		<i><b>Tuesday</b></i>		<i><b>Wednesday</b></i>		<i><b>Thursday</b></i>		<i><b>Friday</b></i>	
	<i><b>Flavour</b></i>	<i><b>Total</b></i>	<i><b>Flavour</b></i>	<i><b>Total</b></i>	<i><b>Flavour</b></i>	<i><b>Total</b></i>	<i><b>Flavour</b></i>	<i><b>Total</b></i>	<i><b>Flavour</b></i>	<i><b>Total</b></i>
<i><b>Sandwich &amp; Crisps</b></i>										
<i><b>Sandwich &amp; Cake</b></i>										
<i><b>Soup</b></i>										
<i><b>Soup &amp; Cake</b></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***