

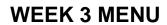
Harrogate Neighbours
Outstanding Care & Support

ress:			
		i ostcode	
ERGIES:			
Monday	Meals required	Tuesday	Meals required
Doof 9 Variable Conserva	required	Spaghetti Bolognese with	required
Beef & Vegetable Casserole		Cheesy Garlic Bread	
OR		OR Sausages with Bubble & Squeak	
Seafood and Spinach Pie		and Onion Gravy	
OR		OR	
Winter Vegetable Casserole (V)		Quorn Sausages with Bubble & Squeak and onion Gravy (V)	
Banana & Caramel Pudding		Carrot Cake with Vanilla Cream	
Wednesday	Meals	Thursday	Meals
Breast of Chicken with Port & Rosemary Sauce OR	required	Pork & Black Pudding Pie with Wholegrain Mustard Sauce OR	required
Irish Lamb Stew		Butternut, Mushroom & Chestnut Wellington with Cheese and Mustard Sauce (V)	
OR Quorn Fillet with Port & Rosemary Sauce (V)			
Apple & Blackberry Crumble with Custard		Marmalade Sponge	
Friday	Meals required	PLEASE NOTE:	
Fresh Battered Haddock & Chips with Mushy Peas OR Garden Peas OR		Any changes or cancellations must be given 2 hours in advance of the designated delivery.	
Poached Haddock & Mash with Parsley Sauce OR Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA)		*All main meals are served with potatoes and seasonal vegetables unless stated otherwise* Food allergies and intolerances – please speak a team member if you have any concerns regarding this when placing your order.	
OR Steak & Ale Pie		If you have any queries, please contact The Foo Angels Team on <b>01423 888083</b> or email: foodangels@hnha.co.uk	
Blackberry Meringue Pie		(V) = Vegetarian, (P) = Pes	scetarian
Sandwiches and/or Soup options			
Monday			
Tuesday			
Wednesday Thursday			



Harrogate Neighbours
Outstanding Care & Support

ne: lress:			
ERGIES:			
Monday	Meals required	Tuesday	Meals required
Minced Beef with Herb Dumplings  OR		Pork and Apple Casserole with Mustard and Sage OR	
Haddock with a Lemon Butter Sauce  OR		Roasted Vegetable & Feta tart with Tomato Sauce (V)	
Quorn Mince and Herb Dumplings (V)			
Steamed Chocolate Pudding		Sticky Ginger & Apple Sponge	
Wednesday	Meals required	Thursday	Meals required
Chilli Con Carne with Rice  OR		Shepherd's Pie	
Roast Chicken with Stuffing & Gravy  OR		Smoked Sausage & Bean Casserole OR	
Vegan Chilli Con Carne with Rice (V)		Quorn Sausage & Bean Casserole (V)	
Banoffee & Peanut Butter Pie		Spiced Pumpkin Pie with Cinnamon Cream	
Friday	Meals	PLEASE NOTE:	
Fresh Battered Haddock & Chips with Mushy Peas OR Garden Peas	required	Any changes or cancellations must be given 24 hours in advance of the designated delivery.	
OR Poached Haddock with White Wine and Dill Sauce OR Baked Potato (V) (P) (SALAD/BEANS/CHEESE/BUTTER/TUNA)		*All main meals are served with potatoes and seasonal vegetables unless stated otherwise* Food allergies and intolerances – please speak a team member if you have any concerns regarding this when placing your order.	
<b>OR</b> Chicken & Mushroom Pie		If you have any queries, please contact The Food Angels Team on <b>01423 888083</b> or email: foodangels@hnha.co.uk	
Tiramisu		(V) = Vegetarian, (P) = Pe	scetarian
Sandwiches and/or Soup options			
Monday			
Tuesday Wednesday			



Harrogate Neighbours
Ou:standing Care & Support

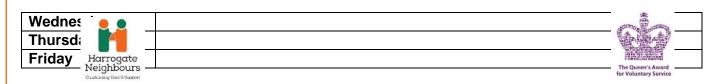
ddress:Postcode:			
ERGIES:			
Monday	Meals required	Tuesday	Meals required
Gammon Steak with Pineapple  OR		Beef and Guiness Stew with Bacon Dumplings OR	
Vegetable Lasagne (V)		Homemade Cornish Pasty OR	
		Homemade Vegetable Pasty (V)	
Sticky Toffee Pudding with Toffee sauce		Cranberry & Orange Upside Down Cake	
Wednesday	Meals required	Thursday	Meals required
Garlic Mushrooms with Meatballs & Tagliatelle		Cumberland Sausage & Mustard Mash with Caramelised Onion Gravy OR	
Warm Quiche Lorraine with New Potatoes		Quorn Cumberland Sausage & Mustard Mash with Caramelised Onion Gravy (V) OR	
Garlic Mushrooms in a Cream Sauce with Fagliatelle (V)		Broccoli, Bacon & Cheddar Macaroni Cheese	
Blueberry Bakewell Tart		Treacle Sponge and Custard	
Friday	Meals		
Battered Haddock & Chips with Mushy Peas OR Garden Peas	required	Any changes or cancellations must be given 24 hours in advance of the designated delivery.	
OR Poached Haddock & Mash with Parsley Sauce OR Baked Potato (V) (P) (SALAD/BEANS/CHEESE/BUTTER/TUNA)		*All main meals are served with potatoes and seasonal vegetables unless stated otherwise* Food allergies and intolerances – please speak a team member if you have any concerns regarding this when placing your order.	
OR Minced Beef & Onion Pie		If you have any queries, please contact The Foo Angels Team on <b>01423 888083</b> or email: foodangels@hnha.co.uk	
Chocolate Torte with a Winterberry Compote		(V) = Vegetarian, (P) = Pescetarian	
Sandwiches and/or Soup options			
Monday			

- · · · ·	
Friday	
i i i uay	



	AAFFIZ -	4 MENU	Harı Neigl
me:			Outdlanding
dress:		Postcode:_	
LERGIES:			
Monday	Meals	Tuesday	Meals
Toad in the Hole with Onion Gravy	required	Chicken Schnitzel with a Dijon Mustard Sauce	required
OR  Quorn Toad in the Hole with Onion Gravy (V) OR		OR Orange Glazed Pork with Sweet Potatoes OR	
Roasted Vegetable Spanish Omelette		Breaded Quorn Fillet with a Mustard Sauce (V)	
Warm Black Forest Sponge with Vanilla Sauce		Chocolate and Pecan Nut Brownie with Cream	
Wednesday	Meals required	Thursday	Meals required
Pork Chop with Cider and Apple Cream Sauce		Glazed Lemon & Thyme Chicken	
OR Smoked haddock Fishcake with Cheese & Chive Sauce		OR Creamy Broccoli & Blue Cheese Bake (V)	
or Roasted Vegetable Cake with a Ragu Sauce (V)		Treacle Tart with Custard	
Mulled Wine Poached Pears with Custard			
Friday	Meals required	PLEASE NOTE:	
Battered Haddock & Chips with Mushy Peas OR Garden Peas	loquilou	Any changes or cancellations must be given a hours in advance of the designated delivery	
Poached Haddock & Mash with Peas and Cheese & Chive Sauce OR Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA)	Cheese & Chive Sauce OR  Baked Potato (V) (P)  Seasonal vegetables unless stated other food allergies and intolerances – please sa team member if you have any concernation of the food allergies and intolerances – please sa team member if you have any concernation of the food allergies and intolerances – please sa team member if you have any concernation of the food allergies and intolerances – please sa team member if you have any concernation of the food allergies and intolerances – please sa team member if you have any concernation of the food allergies and intolerances – please sa team member if you have any concernation of the food allergies and intolerances – please sa team member if you have any concernation of the food allergies and intolerances – please sa team member if you have any concernation of the food allergies and intolerances – please sa team member if you have any concernation of the food allergies and intolerances – please sa team member if you have any concernation of the food allergies and intolerances – please sa team member if you have any concernation of the food allergies and intolerance – please sa team member if you have any concernation of the food allergies and intolerance – please sa team member if you have any concernation of the food allergies and the food a		ed otherwise* please speak t ny concerns
OR Chicken & Ham Pie		If you have any queries, please contact The Food Angels Team on 01423 888083 or email:  foodangels@hnha.co.uk	
		(V) = Vegetarian, (P) = Pe	scotarian

Monday	
Tuesday	



### 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 & Bacon

- 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)
- Vegetable (V)
- Cream of Chicken
- Cream of Mushroom (V)

- French Onion (V)
- Leek & Potato (V)
- Pea & Ham
- 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 <u>only</u> 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