

WEEK 1 MENU

Name: _____

Address: _____ Postcode: _____

ALLERGIES:

<p style="text-align: center;">Monday</p> <p>Beef & Vegetable Casserole</p> <p style="text-align: center;">OR</p> <p>Seafood and Spinach Pie</p> <p style="text-align: center;">OR</p> <p>Winter Vegetable Casserole (V)</p> <p>Banana & Caramel Pudding</p>	<p>Meals required</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<p style="text-align: center;">Tuesday</p> <p>Spaghetti Bolognese with Cheesy Garlic Bread</p> <p style="text-align: center;">OR</p> <p>Sausages with Bubble & Squeak and Onion Gravy</p> <p style="text-align: center;">OR</p> <p>Quorn Sausages with Bubble & Squeak and onion Gravy (V)</p> <p>Carrot Cake with Vanilla Cream</p>	<p>Meals required</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
<p style="text-align: center;">Wednesday</p> <p>Breast of Chicken with Port & Rosemary Sauce</p> <p style="text-align: center;">OR</p> <p>Irish Lamb Stew</p> <p style="text-align: center;">OR</p> <p>Quorn Fillet with Port & Rosemary Sauce (V)</p> <p>Apple & Blackberry Crumble with Custard</p>	<p>Meals required</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<p style="text-align: center;">Thursday</p> <p>Pork & Black Pudding Pie with Wholegrain Mustard Sauce</p> <p style="text-align: center;">OR</p> <p>Butternut, Mushroom & Chestnut Wellington with Cheese and Mustard Sauce (V)</p> <p>Marmalade Sponge</p>	<p>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 Garden Peas</p> <p style="text-align: center;">OR</p> <p>Poached Haddock & Mash with Parsley Sauce</p> <p style="text-align: center;">OR</p> <p>Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA)</p> <p style="text-align: center;">OR</p> <p>Steak & Ale Pie</p> <p>Blackberry Meringue Pie</p>	<p>Meals required</p> <input type="text"/> <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 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>	

Sandwiches and/or Soup options

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

WEEK 2 MENU

Name: _____

Address: _____ Postcode: _____

ALLERGIES:

Monday	Meals required	Tuesday	Meals required
Minced Beef with Herb Dumplings	<input type="checkbox"/>	Pork and Apple Casserole with Mustard and Sage	<input type="checkbox"/>
OR		OR	
Haddock with a Lemon Butter Sauce	<input type="checkbox"/>	Roasted Vegetable & Feta tart with Tomato Sauce (V)	<input type="checkbox"/>
OR			
Quorn Mince and Herb Dumplings (V)	<input type="checkbox"/>		<input type="checkbox"/>
Steamed Chocolate Pudding	<input type="checkbox"/>	Sticky Ginger & Apple Sponge	<input type="checkbox"/>
Wednesday	Meals required	Thursday	Meals required
Chilli Con Carne with Rice	<input type="checkbox"/>	Shepherd's Pie	<input type="checkbox"/>
OR		OR	
Roast Chicken with Stuffing & Gravy	<input type="checkbox"/>	Smoked Sausage & Bean Casserole	<input type="checkbox"/>
OR		OR	
Vegan Chilli Con Carne with Rice (V)	<input type="checkbox"/>	Quorn Sausage & Bean Casserole (V)	<input type="checkbox"/>
Banoffee & Peanut Butter Pie	<input type="checkbox"/>	Spiced Pumpkin Pie with Cinnamon Cream	<input type="checkbox"/>
Friday	Meals required	PLEASE NOTE:	
Fresh Battered Haddock & Chips with Mushy Peas OR Garden Peas	<input type="checkbox"/>	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 with White Wine and Dill Sauce	<input type="checkbox"/>	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 01423 888083 or email: foodangels@hnha.co.uk	
Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA)	<input type="checkbox"/>	(V) = Vegetarian, (P) = Pescetarian	
OR			
Chicken & Mushroom Pie	<input type="checkbox"/>		
Tiramisu	<input type="checkbox"/>		

Sandwiches and/or Soup options

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

WEEK 3 MENU

Name: _____

Address: _____ Postcode: _____

ALLERGIES:

Monday	Meals required	Tuesday	Meals required
Gammon Steak with Pineapple OR Vegetable Lasagne (V)	<input type="text"/>	Beef and Guinness Stew with Bacon Dumplings OR Homemade Cornish Pasty OR Homemade Vegetable Pasty (V)	<input type="text"/>
Sticky Toffee Pudding with Toffee sauce	<input type="text"/>	Cranberry & Orange Upside Down Cake	<input type="text"/>
Wednesday	Meals required	Thursday	Meals required
Garlic Mushrooms with Meatballs & Tagliatelle	<input type="text"/>	Cumberland Sausage & Mustard Mash with Caramelised Onion Gravy OR Quorn Cumberland Sausage & Mustard Mash with Caramelised Onion Gravy (V) OR Broccoli, Bacon & Cheddar Macaroni Cheese	<input type="text"/>
Warm Quiche Lorraine with New Potatoes	<input type="text"/>	Treacle Sponge and Custard	<input type="text"/>
Garlic Mushrooms in a Cream Sauce with Tagliatelle (V)	<input type="text"/>		
Blueberry Bakewell Tart	<input type="text"/>		
Friday	Meals required	PLEASE NOTE:	
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 Minced Beef & Onion Pie	<input type="text"/>	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	
Chocolate Torte with a Winterberry Compote	<input type="text"/>		

Sandwiches and/or Soup options

Monday	
Tuesday	
Wednesday	
Thursday	

Friday	
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HARROGATE NEIGHBOURS MEALS ON WHEELS delivered by FOOD ANGEL VOLUNTEERS



WEEK 4 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;">Toad in the Hole with Onion Gravy <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Quorn Toad in the Hole with Onion Gravy (V) <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Roasted Vegetable Spanish Omelette <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">Warm Black Forest Sponge with Vanilla Sauce <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p>	<p style="text-align: center;">Tuesday</p> <p style="text-align: center;">Meals required</p> <p style="text-align: center;">Chicken Schnitzel with a Dijon Mustard Sauce <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Orange Glazed Pork with Sweet Potatoes <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Breaded Quorn Fillet with a Mustard Sauce (V) <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">Chocolate and Pecan Nut Brownie with Cream <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p>
<p style="text-align: center;">Wednesday</p> <p style="text-align: center;">Meals required</p> <p style="text-align: center;">Pork Chop with Cider and Apple Cream Sauce <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Smoked haddock Fishcake with Cheese & Chive Sauce <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">or</p> <p style="text-align: center;">Roasted Vegetable Cake with a Ragù Sauce (V) <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">Mulled Wine Poached Pears with Custard <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p>	<p style="text-align: center;">Thursday</p> <p style="text-align: center;">Meals required</p> <p style="text-align: center;">Glazed Lemon & Thyme Chicken <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Creamy Broccoli & Blue Cheese Bake (V) <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">Treacle Tart with Custard <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p>
<p style="text-align: center;">Friday</p> <p style="text-align: center;">Meals required</p> <p style="text-align: center;">Battered Haddock & Chips with Mushy Peas OR Garden Peas <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Poached Haddock & Mash with Peas and Cheese & Chive Sauce <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Baked Potato (V) (P) (SALAD / BEANS / CHEESE / BUTTER / TUNA) <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Chicken & Ham Pie <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">Chocolate Orange Cheesecake <input style="width: 60px; height: 25px; border: 1px solid black;" type="text"/></p>	<p style="text-align: center;">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 style="text-align: center;">(V) = Vegetarian, (P) = Pescetarian</p>

Sandwiches and/or Soup options

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) | • Egg & Cress (V) |
| • Cheese & Tomato (V) | • Ham & Tomato |
| • Corned Beef & Pickle | • Prawn Mayonnaise (P) |
| • Chicken & Bacon | • 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) | • French Onion (V) |
| • Vegetable (V) | • Leek & Potato (V) |
| • Cream of Chicken | • Pea & Ham |
| • Cream of Mushroom (V) | • 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