



London
Independent Living Service
Supporting your independence

LILS Menu

Hot meal
and
desserts

Delivered
hot to your
door by
our caring
team



Call: **03333 444 806**
Email: **info@lils.org.uk**
www.lils.org.uk

Our site is open from 8am until 3pm every day. You can call or email our friendly team to change or cancel your meals. Out of hours, you can also leave a message on our answering machine which is checked every morning.

Please complete:

Name.....

Address

.....

.....

Welcome

Thank you for choosing our hot meal service.

We are very proud of both the quality and variety of our balanced, nutritious meals, which adhere to strict national catering guidance.

Our menu repeats every two weeks and our Nutrition and Wellbeing team has created some simple coding to make it easier for you to choose meals to suit you.

Step 1: Choose one main meal and one dessert choice each day.

Step 2: Return your completed menu by post, email, or call our support team.

Step 3: We can provide you with a copy of your completed menu upon request.

We hope you enjoy browsing our menu.

Menu codes

Desserts that contain less than 15g of sugar <15 Desserts that contain no more than 15g sugar per portion.

Gluten free GF Dishes that are free from gluten and suitable if you have coeliac disease or have an intolerance to gluten.

Heart healthy ♥ Main meals that are low in saturated fat (1.5g or less per 100g)*, and reduced salt (at least 25% less than comparable meals within the range)Δ.

Higher energy HE Main meals that contain at least 400 calories and desserts at least 300 calories per portion.

Vegetarian V Dishes suitable for people following a vegetarian diet.

* Reducing consumption of saturated fat contributes to the maintenance of normal blood cholesterol levels.

Δ Reducing consumption of sodium contributes to the maintenance of normal blood pressure.

Special Dietary Needs

Diabetes - All of our meals are suitable for people with diabetes. However, food choices are an important part of your diabetes management. You may wish to choose from our *heart healthy* main meals, *desserts that contain less than 15g of sugar* per portion, or have a fruit pot, which counts as one of your five a day.

Low fat - If you have been told to follow a low fat diet by a health professional, please contact our Nutrition and Wellbeing team who can advise further. If you have concerns about your heart health or cholesterol, you may wish to choose the *heart healthy* options.



Low salt - If you have been told to follow a low salt diet by a health professional, please contact our Nutrition and Wellbeing team who can advise further. If you have concerns about high blood pressure, you may wish to choose the *heart healthy* options.

Soft and Puréed Meals - If a health professional has advised you to have a texture modified diet, such as puréed meals, please contact us for a full range of Puree, Soft and Fork Mashable meals. An extra charge will apply for these options.



Healthy weight loss - If you are watching your weight, you can choose to avoid the meals that are labelled as higher energy.

Healthy weight gain - If you are underweight, losing weight, or have a small appetite, you can choose the higher energy options. The higher energy meals can also be good options for everyone.



Allergy and Intolerances Allergens are clearly marked on the list of ingredients on our packaging. Please call us to get more information on food allergies and intolerances as we can help you choose appropriate meals.

Cultural and Religious choices

- We can also cater for a range of diets including Caribbean, Halal, Kosher and West Indian. Please contact us for further information. An extra charge will apply for these options.

Meeting your needs: Whatever your needs and preferences, we will do our very best to meet these. However, on rare occasions we may need to offer a substitution to your preferred choice, but we will always ensure that the meal is suitable for you.

Week 1

FOR OFFICE USE ONLY

ID: TEMP.....
 Menu inputted on SMARTT
 Date

Monday (1)	8279	HE GF	CHICKEN BREAST WITH CHEESE & BACON, boiled potatoes, green beans & peas	<input type="checkbox"/>
	8209	GF	SAVOURY MINCED BEEF, with mashed potato, carrots and swede	<input type="checkbox"/>
	7438	HE V	VEGETABLE LASAGNE, boiled potatoes, peas, sweetcorn & red peppers	<input type="checkbox"/>
	7435	HE V	SWEET POTATO & BEAN CHILLI, diced fried potatoes & mixed vegetables	<input type="checkbox"/>

6451	V	LEMON SPONGE WITH SUMMER FRUIT & white chocolate sauce	<input type="checkbox"/>
6919	GF V <15	STEWED APPLE & custard*	<input type="checkbox"/>
2124	GF V <15	CHOCOLATE MOUSSE	<input type="checkbox"/>
FP	GF V	FRUIT POT	<input type="checkbox"/>

Tuesday (2)	8240	GF	LANCASHIRE HOTPOT, sauté potatoes, carrots & swede	<input type="checkbox"/>
	8314	HE GF	FISH IN PARSLEY SAUCE, fried diced potato, carrots, swede and green beans	<input type="checkbox"/>
	7412	V GF	CHEESY VEGETABLE BAKE, sauté potatoes, swede, carrots & courgettes	<input type="checkbox"/>
	7431	HE V	VEGETARIAN PASTA BOLOGNAISE with peas and sweetcorn	<input type="checkbox"/>

6411	V	ORANGE SPONGE with orange sauce & custard	<input type="checkbox"/>
6903	V <15	BLACKCURRANT PIE & custard*	<input type="checkbox"/>
2126	V	STRAWBERRY CHEESECAKE	<input type="checkbox"/>
FP	GF V	FRUIT POT	<input type="checkbox"/>

Wednesday (3)	8255	HE	CHICKEN BREAST, with roast potatoes, sprouts, carrots, cauliflower, peas, stuffing and gravy	<input type="checkbox"/>
	8201	HE	BEEF & ROAST POTATOES, peas, carrots, gravy & Yorkshire pudding	<input type="checkbox"/>
	7410	HE GF V	OMELETTE, chips & baked beans	<input type="checkbox"/>
	7401	HE V	MACARONI CHEESE, peas, carrots & sweetcorn	<input type="checkbox"/>

6426	HE V	BAKEWELL TART & custard	<input type="checkbox"/>
6938	HE V <15	RHUBARB CRUMBLE & custard*	<input type="checkbox"/>
2471	V	RASPBERRY TRIFLE	<input type="checkbox"/>
FP	GF V	FRUIT POT	<input type="checkbox"/>

Thursday (4)	8332	HE	VIENNA STEAK, pork in a lentil sauce, mashed potato, broccoli, peas & sweetcorn	<input type="checkbox"/>
	8323	HE GF	LAMBS LIVER in onion gravy, mashed potato, carrots & swede	<input type="checkbox"/>
	7432	V	VEGETARIAN SAUSAGE & MASH, with carrots, swede and onion gravy	<input type="checkbox"/>
	7428	V	VEGETARIAN COTTAGE PIE, carrots, swede and peas	<input type="checkbox"/>

6442	V	GINGER SPONGE & custard	<input type="checkbox"/>
6935	V <15	SULTANA SPONGE & custard*	<input type="checkbox"/>
2123	GF V	COFFEE DESSERT	<input type="checkbox"/>
FP	GF V	FRUIT POT	<input type="checkbox"/>

Friday (5)	8307	HE	SALMON CRUMBLE, mashed potato, minted broccoli, peas and green beans	<input type="checkbox"/>
	8281	HE GF	MEDITERRANEAN CHICKEN, with herby fried diced potato, green beans and peas	<input type="checkbox"/>
	7407	HE V	CAULIFLOWER & BROCCOLI BAKE, diced fried potatoes & sliced carrots	<input type="checkbox"/>
	7438	HE V	VEGETABLE LASAGNE, boiled potatoes, peas, sweetcorn & red peppers	<input type="checkbox"/>

6939	V HE <15	APPLE & BLACKBERRY CRUMBLE & custard*	<input type="checkbox"/>
6469	V GF	JAM SPONGE & custard	<input type="checkbox"/>
2128	GF <15 V	APRICOT & PEACH DESSERT	<input type="checkbox"/>
FP	GF V	FRUIT POT	<input type="checkbox"/>

Saturday (6)	8211	HE	STEAK & KIDNEY PIE, mashed potato, swede & carrot	<input type="checkbox"/>
	8303	HE	BREADED FISH, mashed potato & peas	<input type="checkbox"/>
	7412	GF V	CHEESY VEGETABLE BAKE, sauté potatoes, swede, carrots & courgettes	<input type="checkbox"/>
	7435	HE HE V	SWEET POTATO & BEAN CHILLI, diced fried potatoes & mixed vegetables	<input type="checkbox"/>

6455	V	SEMOLINA, with apple	<input type="checkbox"/>
6927	V <15	JAM ROLY POLY & custard*	<input type="checkbox"/>
2467	V	STRAWBERRY TRIFLE	<input type="checkbox"/>
FP	GF V	FRUIT POT	<input type="checkbox"/>

Sunday (7)	8273		SLICED TURKEY & STUFFING, roast potatoes, mashed carrots & parsnip, green beans and gravy	<input type="checkbox"/>
	8329		SAUSAGE CASSEROLE, cheesy mashed potato and peas	<input type="checkbox"/>
	7431	HE V	VEGETARIAN PASTA BOLOGNAISE with peas and sweetcorn	<input type="checkbox"/>
	7433	HE V GF	VEGETABLE CURRY, white rice	<input type="checkbox"/>

6431	HE V	APRICOT CRUMBLE & custard	<input type="checkbox"/>
6934	V <15	LEMON SPONGE with lemon sauce & custard*	<input type="checkbox"/>
2127	GF V	RASPBERRY DESSERT	<input type="checkbox"/>
FP	GF V	FRUIT POT	<input type="checkbox"/>

*reduced sugar version

Week 2

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Monday (8)	8245	GF	SHEPHERDS PIE, peas & carrots	<input type="checkbox"/>
	8280	HE	CHICKEN IN BLACK BEAN SAUCE, with vegetable rice	<input type="checkbox"/>
	7401	HE V	MACARONI CHEESE, peas, carrots & sweetcorn	<input type="checkbox"/>
	7407	HE V	CAULIFLOWER & BROCCOLI BAKE, diced fried potatoes & sliced carrots	<input type="checkbox"/>

6401	V	APPLE PIE & custard	<input type="checkbox"/>
6938	V <15 HE	RHUBARB CRUMBLE & custard*	<input type="checkbox"/>
2122	V	BLACKCURRANT CHEESECAKE	<input type="checkbox"/>
FP	GF V	FRUIT POT	<input type="checkbox"/>

Tuesday (9)	8279	HE GF	CHICKEN BREAST WITH CHEESE & BACON, boiled potatoes, green beans & peas	<input type="checkbox"/>
	8232	HE	MEATBALLS & MUSHY PEAS, with onion gravy and chips	<input type="checkbox"/>
	7438	HE V	VEGETABLE LASAGNE, boiled potatoes, peas, sweetcorn & red peppers	<input type="checkbox"/>
	7428	V	VEGETARIAN COTTAGE PIE, carrots, swede and peas	<input type="checkbox"/>

6426	HE V	BAKEWELL TART & custard	<input type="checkbox"/>
6937	HE V <15	APPLE CRUMBLE & custard*	<input type="checkbox"/>
2125	GF <15 V	STRAWBERRY MOUSSE	<input type="checkbox"/>
FP	GF V	FRUIT POT	<input type="checkbox"/>

Wednesday (10)	8322		CUMBERLAND SAUSAGE, in gravy with mashed potato, carrots and swede	<input type="checkbox"/>
	8315	HE GF	FISH IN WHITE WINE SAUCE with herby fried diced potato, green beans and romano beans	<input type="checkbox"/>
	7410	HE GF V	OMELETTE, chips & baked beans	<input type="checkbox"/>
	7436	HE V	VEGETARIAN SAUSAGE CASSEROLE, mashed potato, peas and carrots	<input type="checkbox"/>

6470	V GF	BLACKCURRANT SPONGE & custard	<input type="checkbox"/>
6935	V <15	SULTANA SPONGE & custard*	<input type="checkbox"/>
2123	GF V	COFFEE DESSERT	<input type="checkbox"/>
FP	GF V	FRUIT POT	<input type="checkbox"/>

Thursday (11)	8211	HE	STEAK & KIDNEY PIE, mashed potato, swede & carrot	<input type="checkbox"/>
	8264	HE GF	CHICKEN CURRY, with rice	<input type="checkbox"/>
	7435	HE V	SWEET POTATO & BEAN CHILLI, diced fried potatoes & mixed vegetables	<input type="checkbox"/>
	7407	HE V	CAULIFLOWER & BROCCOLI BAKE, diced fried potatoes & sliced carrots	<input type="checkbox"/>

6450	V	STICKY TOFFEE PUDDING with caramel sauce	<input type="checkbox"/>
6927	V <15	JAM ROLY POLY & custard*	<input type="checkbox"/>
2467	V	STRAWBERRY TRIFLE	<input type="checkbox"/>
FP	GF V	FRUIT POT	<input type="checkbox"/>

Friday (12)	8306	HE GF	FISHERMAN'S PIE, carrots and green beans	<input type="checkbox"/>
	8207	GF	BEEF HOTPOT, with mashed potato, carrots and peas	<input type="checkbox"/>
	7432	V	VEGETARIAN SAUSAGE & MASH, with carrots, swede and onion gravy	<input type="checkbox"/>
	7438	HE V	VEGETABLE LASAGNE, boiled potatoes, peas, sweetcorn & red peppers	<input type="checkbox"/>

6434	V HE	SUMMER FRUIT CRUMBLE & custard	<input type="checkbox"/>
6919	GF V <15	STEWED APPLE & custard*	<input type="checkbox"/>
2128	GF V <15	APRICOT & PEACH DESSERT	<input type="checkbox"/>
FP	GF V	FRUIT POT	<input type="checkbox"/>

Saturday (13)	8318	HE	ALL DAY BREAKFAST, omelette, sausage, bacon, hash browns & baked beans	<input type="checkbox"/>
	8332	HE	VIENNA STEAK, pork in a lentil sauce, mashed potato, broccoli, peas & sweetcorn	<input type="checkbox"/>
	7401	HE V	MACARONI CHEESE, peas, carrots & sweetcorn	<input type="checkbox"/>
	7431	HE V	VEGETARIAN PASTA BOLOGNAISE with peas and sweetcorn	<input type="checkbox"/>

6442	V	GINGER SPONGE & custard	<input type="checkbox"/>
6903	V <15	BLACKCURRANT PIE & custard*	<input type="checkbox"/>
2468	V	MIXED FRUIT TRIFLE	<input type="checkbox"/>
FP	GF V	FRUIT POT	<input type="checkbox"/>

Sunday (14)	8201	HE	BEEF & ROAST POTATOES, peas, carrots, gravy & Yorkshire pudding	<input type="checkbox"/>
	8281	HE GF	MEDITERRANEAN CHICKEN, with herby fried diced potato, green beans and peas	<input type="checkbox"/>
	7435	HE V	SWEET POTATO & BEAN CHILLI, diced fried potatoes & mixed vegetables	<input type="checkbox"/>
	7428	V	VEGETARIAN COTTAGE PIE, carrots, swede and peas	<input type="checkbox"/>

6419	V HE	RHUBARB CRUMBLE & custard	<input type="checkbox"/>
6933	V <15	GOLDEN SYRUP SPONGE & custard*	<input type="checkbox"/>
2127	GF V	RASPBERRY DESSERT	<input type="checkbox"/>
FP	GF V	FRUIT POT	<input type="checkbox"/>

* reduced sugar version