

Meals on wheels menus



Please use the lists in this leaflet to help us make sure we deliver meals you enjoy.

The menus reflect different ethnic and dietary needs.

You should already have been asked which menu you would like, but you can change your mind at any time. **Diabetic** and **soft/pureed** meals can only be delivered if we have a letter from your doctor or dietician. **Kosher** desserts are only available with Kosher main course meals.

Let us know if there are any dishes in your chosen menu that you do not want to receive. We will then bring you a selection from the rest. If there only a few dishes you think you will like, just let us know and we will set up an individual menu list for you.

Individual meal menus can only be changed once per month due to meal ordering processes.

African/Caribbean

- Stewed chicken
- Stew peas and mutton
- Spinach and mutton
- Fish excovitch
- Chicken curry
- Bean stew
- Cod pieces
- Meatball stew
- Jerk chicken
- Saltfish callaloo
- Saltfish in sauce
- Mutton curry
- Chicken calypso
- Stewed fish
- Mutton fricasse
- Lamb stew
- Spinach and egusi
- Cod stew
- Mutton stew
- Chicken creole
- Beef curry

Asian and Asian vegetarian

- Lamb masala
- Lamb vindaloo
- Lamb korma
- Minced lamb curry (keema peas)
- Lamb dhansak
- Chicken korma
- Chicken dhansak
- Chicken vindaloo
- Chicken masala
- Chicken and lentils

Vegetarian dishes

- Cauliflower, potatoes and peas (alu gobi)
- Mixed vegetables
- Seasonal greens
- Green beans (alu sem)

Polish

- Sausage and onions
- Potato and meatballs

Traditional main courses

- Beef with roast potatoes
- Braised steak
- Cottage pie
- Steak and kidney pie
- Lamb in gravy
- Lamb and vegetable casserole
- Lancashire hot pot
- Minted lamb and dumpling
- Lamb cobbler
- Shepherds pie
- Chicken breast
- Chicken in gravy
- Kura paprika
- Golobki
- Kotlety mielone
- Chicken and vegetable casserole
- Chicken and vegetable pie
- Chicken supreme
- Sliced turkey with stuffing
- Pork in gravy
- Pork loin and stuffing
- Pork and root vegetable casserole
- Ham in parsley sauce
- Sausages in gravy
- Lamb's liver
- Breaded fish and mash
- Breaded fish and chips
- Fisherman's pie
- Fish in butter sauce
- Fish in parsley sauce

Vegetarian meals

- Macaroni cheese
- Vegetable cobbler
- Vegetable hot pot
- Vegetable cottage pie
- Vegetable stew

Kosher

- Shepherds pie
- Lamb meat balls
- Fried fish
- Sliced chicken
- Turkey pie
- Chicken risotto
- Minced blintz

Soft/pureed meals can only be provided if we have a letter from your doctor or dietician.

- Chicken ham and leek
- Fish in parsley sauce
- Beef in rich sauce

- Cauliflower and broccoli bake
- Vegetable sweet and sour
- Omelette, chips and beans
- Cheesy vegetable bake

- Roast turkey
- Lamb loaf
- Chicken provencal
- Lamb and mushroom pie
- Savoury mince
- Turkey goulash
- Chicken casserole

- Minty lamb casserole
- Lamb and vegetable casserole
- Chicken and vegetable casserole
- Pork and vegetable casserole

Traditional desserts

- Apple pie and custard
- Blackcurrant pie and custard
- Mixed fruit pie and custard
- Apple crumble and custard
- Plum crumble and custard
- Apricot crumble and custard
- Apple and raspberry crumble
- Orange sponge and custard
- Chocolate chip sponge
- Jam sponge and custard
- Sultana sponge and custard
- Lemon sponge and custard
- Ginger sponge and custard
- Syrup sponge and custard
- Rice pudding
- Macaroni pudding
- Baked fruit bread pudding
- Bakewell tart and custard
- Cherry pie and custard
- Spotted dick and custard
- Treacle tart and custard
- Jam roly poly and custard
- Sticky toffee pudding
- Bread and butter pudding
- Rice pudding and apricots
- Semolina and dutch apple
- Fresh fruit (orange or banana)
- Yoghurt

Kosher dessert only available with Kosher main course meals.

- Fruit crumble
- Jam tart
- Iced sponge
- Carrot cake
- Cherry sponge
- Iced gingerbread
- Chocolate sponge
- Sultana sponge
- Bakewell tart

Diabetic desserts can only be provided if we have a letter from your doctor or dietician.

- Apple pie and custard
- Rice pudding
- Rice with strawberries
- Date sponge and custard
- Rhubarb pie and custard
- Carrot cake and custard
- Cherry pie and custard

- Fruit pie
- Jam sponge
- Fruit cake
- Spiced apple cake
- Coconut tart
- Marble cake
- Shortbread
- Lemon iced sponge
- Flapjack
- Eves pudding
- Eccles cake

- Pears with custard
- Banana pudding
- Date and ginger sponge
and banana custard
- Apricot and sultana pudding
- Mixed fruit and custard
- Apple and raspberry roly poly
- Baked fruit bread pudding
- Fresh fruit (orange or banana)
- Yoghurt



For advice on how the service works, contact:

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lbhf.gov.uk

Opening hours:

8.45am to 5.00pm

Monday to Thursday

8.45am to 4.45pm

Friday

www.lbhf.gov.uk

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Albanian

Nëse e dëshironi cilëndo pjesë të këtij dokumenti të përkthyer në gjuhën tuaj, ju lutemi telefononi në numrin 020 8753 3217

Amharic

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Arabic

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Bengali

আপনি যদি আপনার নিজের ভাষাতে এই ডকুমেন্টের কোন অংশের অনুবাদ চান তাহলে দয়া করে 020 8753 3217 নম্বর ফোন করুন।

Croatian

Ukoliko želite prijevod bilo kojeg dijela ovog dokumenta na jezik kojim Vi govorite, molimo nazovite telefonski broj 020 8753 3217

Farsi

لطفاً اگر مایل هستید هر بخشی از این نوشتار به زبان شما ترجمه گردد، با شماره تلفن 020 8753 3217 تماس حاصل فرمایید.

French

Si vous souhaitez quelconque partie de ce document dans votre propre langue, appelez le 020 8753 3217

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Jeśli życzą sobie Państwo, aby dowolna część tego dokumentu została przetłumaczona na Państwa język ojczysty, proszę zadzwonić pod numer 020 8753 3217

Portuguese

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Serbian

Ако желите да било који део овог документа буде преведен на ваш матерњи језик, молимо вас да назовете овај број телефона 020 8753 3217

Somali

Haddii aad jeclaan lahayd in qayb walba oo kamid ah dukumintigan lagu turjumay luqaddaada, faclan soo wac telefoonka 020 8753 3217

Spanish

Si desea que le interpreten alguna parte de este documento en su idioma, por favor llame al 020 8753 3217

Urdu

اگر اس دستاویز کے کسی بھی حصہ کا ترجمہ آپ اپنی زبان میں حاصل کرنا چاہتے ہیں تو براہ کرم ہمارے سرکاری میں موصول ہونے پر 020 8753 3217 پر فون کریں۔