



London
Independent Living Service
Supporting your independence

Lunch Club Menu

Serve our
delicious
meals and
desserts at
your lunch
club

Delivered
to your
lunch club
by our
caring
team



Contact us between the hours of 8am - 3:30pm on: 03333 444 806 info@lils.org.uk

www.lils.org.uk

Welcome

We deliver to
Lunch Clubs
every day of
the week

Contact us on: 03333 444 806
info@lils.org.uk
www.lils.org.uk

Thank you for choosing our Lunch Club meals service.

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

Our menu repeats every two weeks and offers a wide variety of delicious meals to suit everyone.

Step 1: Your Lunch Club members can choose between two meat and fish main meals with three sides; or a vegetarian option which comes as an individual meal. There are also three hot and cold dessert choices. Please note that if your Lunch Club meets less frequently, you may be able to choose an alternative meal from within the weekly options.

Step 2: Tell a member of our team the number of attendees and their meal choices at least two weeks before the delivery date. Last minute adjustments can be made for free up to 8:30am on the day of delivery.

Menu codes

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

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

V Dishes suitable for people following a vegetarian diet.

FAQs

Why opt for our Lunch Club meal delivery service?

- We support Lunch Club Organisers by providing reliable, timely, and affordable hot meals and desserts to groups across London.
- Food is delivered ready to serve from multi-portion containers for groups of six or more at your club or day service. Smaller groups and/or individual customers may receive individual portions.

When and where do we deliver?

We deliver meals in the window of 11.30am to 1.30pm. Currently, we deliver anywhere in the Boroughs of Camden and Haringey.

How much does it cost and how do I pay?

- The price per meal is available on request, as prices are dependent on the size and frequency of your order.
- You will be billed monthly for services received in the previous month, and can pay by cheque, debit/credit card, direct debit or postal order.



What if I want to change, or cancel, an order?

- Meal numbers can be adjusted or cancelled at any point before 8:30am on the day of delivery, at no charge.



My clients have a specialised diet, can you cater for them?

- We offer a huge range of meals, allowing us to cater for many different dietary requirements. This includes Kosher, Halal, West Indian and Caribbean meals.
- We can also provide texture-modified meals.
- All Allergens are clearly marked in **bold** on the list of ingredients on our packaging.

To view a full list of Terms and Conditions, please contact our team.

Week 1

Days 1-7

	Mains		Sides	Desserts			
Mon (1)	324437	Chicken & Ham Pie with Flaky Pastry top	Minted Boiled Potatoes, Sliced Carrots, Broccoli	324808	V	Mixed Fruit Pie & Custard	
	324513	Salmon Crumble		2125	V <15 GF	Strawberry Mousse *	
	7432	V		Vegetarian Sausage & Mash, carrots, swede & onion gravy*	6901	V <15	Apple Pie & Custard*
Tues (2)	324100	GF	Roast Beef in Gravy	Roast Potatoes, Red cabbage (with apple & port), Green Beans	324805	V	Apple Sponge & Custard
	324412		Chicken & Broccoli Bake		2123	V GF	Coffee Dessert*
	7407	V GF	Cauliflower & Broccoli Bake with diced fried potato & carrots*		6935	V <15	Sultana Sponge & Custard*
Wed (3)	324305		Lamb Grill Steaks in Minted Gravy	Mashed Potato, Mashed Root Veg, Peas	324823	V	Bakewell Tart & Custard
	324411	GF	Chicken Chasseur & Rice		2471	V	Raspberry Trifle*
	7436	V	Vegetarian Sausage Casserole, mashed potato, carrots & peas*		6927	V <15	Jam Roly Poly & Custard*
Thur (4)	324114	GF	Cottage Pie	Minted Boiled Potatoes, Sliced Carrots, Broccoli	324831	V	Apricot Crumble & Custard
	324202		Ham & Leek Crumble		2126	V	Strawberry Cheesecake*
	7401	V	Macaroni Cheese, carrot, peas & sweetcorn*		6938	V <15	Rhubarb Crumble & Custard*
Fri (5)	324514	GF	Salmon in Provencale Sauce	Sauté Potatoes, Broccoli, Mashed Root Veg	324812	V	Lemon Sponge & Custard
	324433	GF	Chicken, Cheese & Bacon Bake		2124	V <15 GF	Chocolate Mousse*
	7428	V	Vegetarian Cottage Pie, carrots, swede & peas*		6934	V <15	Lemon Sponge & Custard*
Sat (6)	324600		Sausages in Onion Gravy	Cheddar Mash, Mixed Veg, Peas	324818	V	Jam Sponge & Custard
	324410	GF	Sweet & Sour Chicken & Rice		2127	V GF	Raspberry Dessert*
	7412	V GF	Cheesy Vegetable Bake, sauté potatoes, carrots, swede & courgette*		6937	V <15	Apple Crumble & Custard*
Sun (7)	324445	GF	Sliced Chicken in Gravy	Roast Potatoes, Minted Summer Veg, Carrot Tips	324859	V	Apple Pie & Custard
	324136		Cumberland Pie		2467	V	Strawberry Trifle*
	7438	V	Vegetable Lasagne, boiled potatoes, peas, sweetcorn & red pepper*		6903	V <15	Blackcurrant Pie & Custard*

*Individual portion products.

	Mains		Sides	Desserts	
Mon (8)	324617	Pork Meatballs in a Tomato & Herb Sauce	Sauté Potatoes, Minted Summer Veg, Veg Medley	324812	Lemon Sponge & Custard
	324411	Chicken Chasseur & Rice		2122	Blackcurrant Cheesecake*
	7403	Vegetable & Bean Cobbler, boiled potatoes, peas, sweetcorn & peppers*		6919	Stewed Apple & Custard*
Tues (9)	324402	Sliced Turkey in Gravy	Roast Potatoes, Mashed Root Veg, Peas	324818	Jam Sponge & Custard
	324305	Lamb Grill Steaks		2128	Apricot & Peach Dessert*
	7401	Macaroni Cheese, carrot, peas & sweetcorn*		6939	Apple & Blackberry Crumble & Custard*
Wed (10)	324812	Chicken & Broccoli Bake	Sauté Potatoes, Minted Summer Veg, Mixed veg	324827	Summer Fruit Crumble & Custard
	324313	Curried Lamb, Potato, Tomato & Rice		2471	Raspberry Trifle *
	7407	Cauliflower & Broccoli Bake, diced fried potato & carrots*		6933	Golden Syrup Sponge & Custard*
Thur (11)	324303	Lancashire Hotpot	Boiled potatoes, Sliced Carrots, Green Beans	324823	Bakewell Tart & Custard
	324432	Baked Chicken & Vegetable pie		2125	Strawberry Mousse*
	7436	Vegetarian Sausage Casserole, mashed potato, carrots & peas*		6901	Apple Pie & Custard*
Fri (12)	324513	Salmon Crumble	Cheddar Mash, Cauliflower, Green Beans	324813	Rhubarb Crumble & Custard
	324616	Sausage Casserole		2123	Coffee Dessert *
	7401	Macaroni Cheese, carrot, peas & sweetcorn*		6935	Sultana Sponge & Custard*
Sat (13)	324433	Chicken, Cheese & Bacon Bake	Minted Boiled Potatoes, Mashed Root Veg, Broccoli	324846	Apple & Blackberry Pie & Custard
	324114	Cottage Pie		2471	Raspberry Trifle*
	7428	Vegetarian Cottage Pie, carrots, swede & peas*		6927	Jam Roly Poly & Custard *
Sun (14)	324215	Pork in Cider Gravy	Mustard Mash, Red cabbage (with apple & port), Peas	324806	Choc Chip Sponge & Custard
	324103	Beef Casserole		2126	Strawberry Cheesecake*
	7412	Cheesy Vegetable Bake, sauté potatoes, carrots, swede & courgette*		6938	Rhubarb Crumble & Custard*