



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

-  Desserts that contain no more than 15g sugar per portion.
-  Dishes that are free from gluten and suitable if you have coeliac disease or an intolerance to gluten.
-  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
324513
7432

Chicken & Ham Pie with Flaky Pastry top
Salmon Crumble
Vegetarian Sausage & Mash, carrots, swede & onion gravy*

Minted Boiled Potatoes,
Sliced Carrots, Broccoli

324808
2125
6901

V
V <15 GF
V <15

Mixed Fruit Pie & Custard
Strawberry Mousse *
Apple Pie & Custard*

Tues (2)

324100
324412
7407

Roast Beef in Gravy
Chicken & Broccoli Bake
Cauliflower & Broccoli Bake with diced fried potato & carrots*

Roast Potatoes, Red cabbage
(with apple & port), Green Beans

324805
2123
6935

V
V GF
V <15

Apple Sponge & Custard
Coffee Dessert*
Sultana Sponge & Custard*

Wed (3)

324305
324411
7436

Lamb Grill Steaks in Minted Gravy
Chicken Chasseur & Rice
Vegetarian Sausage Casserole, mashed potato, carrots & peas*

Mashed Potato, Mashed Root Veg, Peas

324823
2471
6927

V
V
V <15

Bakewell Tart & Custard
Raspberry Trifle*
Jam Roly Poly & Custard*

Thur (4)

324114
324202
7401

Cottage Pie
Ham & Leek Crumble
Macaroni Cheese, carrot, peas & sweetcorn*

Minted Boiled Potatoes,
Sliced Carrots, Broccoli

324831
2126
6938

V
V
V <15

Apricot Crumble & Custard
Strawberry Cheesecake*
Rhubarb Crumble & Custard*

Fri (5)

324514
324433
7428

Salmon in Provencale Sauce
Chicken, Cheese & Bacon Bake
Vegetarian Cottage Pie, carrots, swede & peas*

Sauté Potatoes, Broccoli,
Mashed Root Veg

324812
2124
6934

V
V <15 GF
V <15

Lemon Sponge & Custard
Chocolate Mousse*
Lemon Sponge & Custard*

Sat (6)

324600
324410
7412

Sausages in Onion Gravy
Sweet & Sour Chicken & Rice
Cheesy Vegetable Bake, sauté potatoes, carrots, swede & courgette*

Cheddar Mash, Mixed Veg, Peas

324818
2127
6937

V
V GF
V <15

Jam Sponge & Custard
Raspberry Dessert*
Apple Crumble & Custard*

Sun (7)

324445
324136
7438

Sliced Chicken in Gravy
Cumberland Pie
Vegetable Lasagne, boiled potatoes, peas, sweetcorn & red pepper*

Roast Potatoes, Minted Summer Veg,
Carrot Tips

324859
2467
6903

V
V
V <15

Apple Pie & Custard
Strawberry Trifle*
Blackcurrant Pie & Custard*

*Individual portion products.

Week 2

Days 8-14

Mains

Sides

Desserts

Mon (8)

324617
324411 GF
7403 V

Pork Meatballs in a Tomato & Herb Sauce
Chicken Chasseur & Rice
Vegetable & Bean Cobbler, boiled potatoes, peas, sweetcorn & peppers*

Sauté Potatoes, Minted Summer Veg,
Veg Medley

324812 V
2122 V
6919 V <15 GF

Lemon Sponge & Custard
Blackcurrant Cheesecake*
Stewed Apple & Custard*

Tues (9)

324402 GF
324305
7401 V

Sliced Turkey in Gravy
Lamb Grill Steaks
Macaroni Cheese, carrot, peas & sweetcorn*

Roast Potatoes, Mashed Root Veg,
Peas

324818 V
2128 V <15 GF
6939 V <15

Jam Sponge & Custard
Apricot & Peach Dessert*
Apple & Blackberry Crumble & Custard*

Wed (10)

324812
324313 GF
7407 V GF

Chicken & Broccoli Bake
Curried Lamb, Potato, Tomato & Rice
Cauliflower & Broccoli Bake, diced fried potato & carrots*

Sauté Potatoes, Minted Summer Veg,
Mixed veg

324827 V
2471 V
6933 V <15

Summer Fruit Crumble & Custard
Raspberry Trifle *
Golden Syrup Sponge & Custard*

Thur (11)

324303 GF
324432
7436 V

Lancashire Hotpot
Baked Chicken & Vegetable pie
Vegetarian Sausage Casserole, mashed potato, carrots & peas*

Boiled potatoes, Sliced Carrots,
Green Beans

324823 V
2125 V <15 GF
6901 V <15

Bakewell Tart & Custard
Strawberry Mousse*
Apple Pie & Custard*

Fri (12)

324513
324616
7401 V

Salmon Crumble
Sausage Casserole
Macaroni Cheese, carrot, peas & sweetcorn*

Cheddar Mash, Cauliflower,
Green Beans

324813 V
2123 V GF
6935 V <15

Rhubarb Crumble & Custard
Coffee Dessert *
Sultana Sponge & Custard*

Sat (13)

324433 GF
324114 GF
7428 V

Chicken, Cheese & Bacon Bake
Cottage Pie
Vegetarian Cottage Pie, carrots, swede & peas*

Minted Boiled Potatoes,
Mashed Root Veg, Broccoli

324846 V
2471 V
6927 V <15

Apple & Blackberry Pie & Custard
Raspberry Trifle*
Jam Roly Poly & Custard *

Sun (14)

324215
324103 GF
7412 V GF

Pork in Cider Gravy
Beef Casserole
Cheesy Vegetable Bake, sauté potatoes, carrots, swede & courgette*

Mustard Mash, Red cabbage
(with apple & port), Peas

324806 V
2126 V
6938 V <15

Choc Chip Sponge & Custard
Strawberry Cheesecake*
Rhubarb Crumble & Custard*

*Individual portion products.