

'Buddy Box' Meal Delivery Service

Dates: 4/10/2021 until 24/10/2021

Please fill and return your order form to the driver or ring **01843 282910**. Please, select meal **A OR B** and **Tick** the pudding if you wish to receive it that day. Meals are **£7** and for Pudding an additional **£1**.

Please note: All food is prepared in our kitchen where nuts, gluten and other allergies could be present, and our menu descriptions cannot include all ingredients. We use fresh, locally sourced, seasonable vegetables to accompany our meals, therefore we cannot commit to exact types due to demand and availability. If you have a food allergy, please let us know before ordering. Full allergen information is available. **Meal B** is suitable for vegetarians. Dishes with fish and chicken may contain bones.

Name:

Address:

.....

Tel. No:

SUMMER SALAD BOXES for £5!

A choice of **ham, cheese or chicken** salad accompanied by:

- A roll and butter
- Coleslaw and Potato Salad
- Variety of salad including:

Lettuce, tomato, cucumber, peppers, onions, carrot and maybe even radishes, beetroot and cress.



Please note salads can now be considered as a meal alternative if you do not fancy a hot meal.

NAME:	Meal A	Meal B	Salad	Pud	Evening
MONDAY 4/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A MINCE BEEF HOTPOT, SAUTE POTS, VEG					
MEAL B QUORN SAUSAGES, SAUTE, VEG					
PUD BANANA WHIP					
TUESDAY 5/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A MINTED LAMB STEW, DUMPLINGS, MASH, VEG					
MEAL B VEGETABLE STEW, DUMPLINGS, MASH, VEG					
PUD VANILLA CHEESECAKE					
WEDNESDAY 6/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BREAKFAST BRUNCH					
MEAL B VEGETABLE BRUNCH					
PUD RETRO SPONGE					
THURSDAY 7/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHICKEN & VEGETABLE PIE, HERBY POTS, VEG					
MEAL B VEGETABLE PIE, HERBY POTS, VEG					
PUD ETON MESS					
FRIDAY 8/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A COD IN PARSLEY SAUCE, NEW POTS, PEAS					
MEAL B MACARONI CHEESE, GARLIC BREAD, VEG					
PUD JAM SPONGE & CUSTARD					
SATURDAY 9/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHICKEN BURGER, MAYO, CHIPS, SALAD					
MEAL B VEGGIE BURGER, SALSA, CHIPS, SALAD					
PUD RICE PUDDING					
SUNDAY 10/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A TURKEY ROAST & TRIMMINGS					
MEAL B VEG ROAST & TRIMMINGS					
PUD SULTANA SPONGE & CREAM					

MONDAY 11/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SAUSAGE STEW, MASH, VEG					
MEAL B VEG SAUSAGE STEW, MASH, VEG					
PUD BUTTERSCOTCH WHIP					
TUESDAY 12/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A STEAK & KIDNEY PIE, NEW POTS, VEG					
MEAL B VEGETABLE PIE, NEW POTS, VEG					
PUD JAFFA CAKE SPONGE					
WEDNESDAY 13/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A GAMMON HAM, MASH, PICKLE, VEG					
MEAL B MUSHROOM PARCEL, MASH, VEG					
PUD CREME CARAMEL					
THURSDAY 14/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BEEF STEW & DUMPLINGS, HERBY POTS, VEG					
MEAL B VEGETABLE STEW & DUMPLINGS, HERBY POTS, VEG					
PUD JELLY & FRUIT					
FRIDAY 15/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BATTERED COD, CHIPS, PEAS, LEMON & TARTAR SAUCE					
MEAL B VEGGIE NUGGETS, CHIPS, PEAS					
PUD APPLE CRUMBLE & CREAM					
SATURDAY 16/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A HUNTER'S CHICKEN, SAUTE POTS, VEG					
MEAL B VEGETABLE LASAGNE, SAUTE POTS, VEG					
PUD PINEAPPLE CAKE & CUSTARD					
SUNDAY 17/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A ROAST BEEF & TRIMMINGS					
MEAL B STUFFED GIANT MUSHROOM & TRIMMINGS					
PUD FRUIT SALAD					

MONDAY 18/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BREAKFAST BRUNCH					
MEAL B VEGETABLE BRUNCH					
PUD BUTTERSCOTCH WHIP					
TUESDAY 19/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A COTTAGE PIE, GRILLED TOMATO, VEG					
MEAL B VEGETABLE COTTAGE PIE, GRILLED TOM, VEG					
PUD MARMALADE SPONGE & CUSTARD					
WEDNESDAY 20/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A PASTA & MEATBALLS, GARLIC BREAD, VEG					
MEAL B CHEESE PASTA BAKE, GARLIC BREAD, VEG					
PUD STRAWBERRY CHEESECAKE					
THURSDAY 21/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BREADED PORK CHOP, SAUTE POTS, VEG					
MEAL B CHEESE & TOMATO PUFF, SAUTE POTS, VEG					
PUD SPONGE & CHOCOLATE CUSTARD					
FRIDAY 22/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A COD FINGERS, CHIPS, BEANS, LEMON, TARTAR SAUCE					
MEAL B QUORN NUGGETS, CHIPS, BEANS, LEMON, TARTAR SAUCE					
PUD MINT CHOCOLATE AERO CAKE					
SATURDAY 23/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHICKEN STEW & DUMPINGS, MASH, VEG					
MEAL B VEGETABLE STEW & DUMPLINGS, MASH, VEG					
PUD RHUBARB CRUMBLE & CUSTARD					
SUNDAY 24/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A GAMMON ROAST & TRIMMINGS					
MEAL B SWEET POTATO ROAST & TRIMMINGS					
PUD BUTTERSCOTCH WHIP					

AFTERNOON TEA FOR ONLY £5

Did you know we also do afternoon tea? We deliver at the same time as your hot meal delivery, so you can eat this later!

For just £5 a day we include:

Monday: Sausage and Tomato with Apple Juice and Ham and Mustard crisps.

Tuesday: Ham and Cucumber with Orange Juice and Salt and Vinegar crisps.

Wednesday: Cheese and Pickle with Milkshake and Quavers crisps.

Thursday: Egg Mayo with Apple Juice and Cheese and Onion crisps.

Friday: Corned Beef with Orange Juice and Sweet Chilli crisps.

Saturday: Cheese and Tomato with Milkshake and Lightly Salted crisps.

Sunday: Chicken Mayo with Apple Juice and Ready Salted crisps.

All Afternoon teas include fresh fruit and cake/biscuits of the day.

We would like to cater for vegetarians too, so please contact us for alternatives!

Those of you who already purchase the afternoon tea will not be affected.



IMPORTANT NOTICE FOR ALL BUDDY BOX CLIENTS!

Many of our regular clients may have noticed we have switched onto a new type of buddy box container. Age UK takes health and safety very seriously so felt it was necessary to make the following points.

- The containers **ARE** now microwavable, including the small black dessert ones.
- The containers can **NOT** go into the oven as they melt and are a fire and safety hazard.
- The containers are reusable. (Please return rinsed to the driver)
- They are more secure.

If you feel that you are not hungry just yet and wish to eat a little bit later, please put your food in the fridge and then reheat to a 75-degree temperature later. Our containers are suitable for a microwave and we recommend to re-heat the meal in the microwave. Please do not put our containers in the oven as they will melt. Please only reheat this **once** to avoid any food poisoning.

Your meals are much more secure in the tight-fitting containers to allow for better food quality, as well as being reusable. If you wish to give these to the driver the following meal you receive, we can sterilise them here at Age UK, helping the environment by reusing them when sanitised.

We would like to thank you for your on-going support, and we will continue to try and give you the best service possible. Any further queries or questions we are happy to help. Thank you.

Marc Lawrence - Kitchen Lead.