

'Buddy Box' Meal Delivery Service

Dates: 27/12/2021 until 16/1/2022

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 (V). Dishes with fish and chicken may contain bones.

Name:

Address:

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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.

	Meal A	Meal B	Salad	Pud	Evening
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MONDAY 27/12 BANK HOLIDAY	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SAUSAGE ROLL, CHIPS & BEANS					
MEAL B (V) CHEESE & ONION SLICE, CHIPS, BEANS					
PUD CHOCOLATE WHIP					
TUESDAY 28/12 BANK HOLIDAY	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHICKEN IN GRAVY, HERBY POTS, VEG					
MEAL B (V) VEGGIE SAUSAGES, HERBY POTS, VEG					
PUD FRUIT SALAD					
WEDNESDAY 29/12	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A COTTAGE PIE, GRILLED TOMATO, VEG					
MEAL B (V) VEGGIE LASAGNE, GRILLED TOMATO, VEG					
PUD JAM SPONGE & CUSTARD					
THURSDAY 30/12	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHICKEN & VEGETABLE PIE, NEW POTS, VEG					
MEAL B (V) VEGETABLE PIE, NEW POTS, VEG					
PUD ETON MESS					
FRIDAY 31/12 NEW YEARS EVE	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BREADED SCAMPI, LEMON, TARTAR SAUCE, CHIPS, PEAS					
MEAL B (V) VEGGIE NUGGETS, SALSA SAUCE, CHIPS, PEAS					
PUD BANANA'S IN CHOCOLATE SAUCE					
SATURDAY 1/1 NEW YEARS DAY (HAPPY NEW YEAR 😊)	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHICKEN BURGER, SAUTE POTS, SALAD					
MEAL B (V) VEGGIE BURGER, SAUTE POTS, SALAD					
PUD JELLY & FRUIT					
SUNDAY 2/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A ROAST BEEF & TRIMMINGS					
MEAL B (V) CHEESE & LEEK CRUMBLE, TRIMMINGS					
PUD CHOCOLATE SPONGE & CREAM					
MONDAY 3/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>

MEAL A BREAKFAST BRUNCH					
MEAL B (V) VEGGIE BRUNCH					
PUD BUTTERSCOTCH WHIP					
TUESDAY 4/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A PORK CHOP, ROAST POTATOES, VEG					
MEAL B (V) MUSHROOM PARCEL, ROAST POTATOES, VEG					
PUD PEACH CRUMBLE WITH CUSTARD					
WEDNESDAY 5/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A GAMMON HAM, MASH, PICKLE, VEG					
MEAL B (V) GAMMON HAM, MASH, PICKLE, VEG					
PUD CRÈME CARAMEL					
THURSDAY 6/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A MINTED LAMB STEW & DUMPLINGS, NEW POTS, VEG					
MEAL B (V) VEGETABLE STEW & DUMPLINGS, NEW POTS, VEG					
PUD RICE PUDDING					
FRIDAY 7/1	<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 (V) VEGGIE TORTILLA WRAP, SALSA SAUCE, CHIPS, PEAS					
PUD PAIR CRUMBLE & CUSTARD					
SATURDAY 8/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHICKEN KIEV, CROQUETTE POTATOES, VEG					
MEAL B (V) STUFFED PEPPERS, CROQUETTES, VEG					
PUD CHOCOLATE WHIP					
SUNDAY 9/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A ROAST PORK & TRIMMINGS					
MEAL B (V) STUFFED GIANT MUSHROOM & TRIMMINGS					
PUD FRUIT & CREAM					

MONDAY 10/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHICKEN STEW, DUMPLINGS, NEW POTS, VEG					
MEAL B (V) VEGETABLE STEW, DUMPLINGS, NEW POTS, VEG					
PUD PEACH CFRUMBLE & CREAM					
TUESDAY 11/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BANGERS & MASH, ONION GRAVY, VEG					
MEAL B (V) VEGGIE SAUSAGE, MASH, ONION GRAVY, VEG					
PUD BANANA WHIP					
WEDNESDAY 12/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BEEF CASSEROLE, CROQUETTE POTS, VEG					
MEAL B (V) VEGETABLE CASSEROLE, CROQUETTE POTS, VEG					
PUD CHOCOLATE SPONGE & CREAM					
THURSDAY 13/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A HUNTER'S CHICKEN, NEW POTS, VEG					
MEAL B (V) CHEESE & TOMATO PUFF, NEW POTS, VEG					
PUD RETRO CAKE					
FRIDAY 14/1	<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 (V) QUORN NUGGETS, CHIPS, BEANS, LEMON, TARTAR SAUCE					
PUD BREAD & BUTTER PUDDING					
SATURDAY 15/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A PASTA & MEATBALLS, VEG, GARLIC BREAD					
MEAL B (V) MACARONI CHEESE, VEG, GARLIC BREAD					
PUD STRAWBERRY CHEESECAKE					
SUNDAY 16/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A GAMMON ROAST & TRIMMINGS					
MEAL B (V) VEGETABLE ROAST & TRIMMINGS					
PUD CHOCOLATE SPONGE & CREAM					

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, 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.