

'Buddy Box' Meal Delivery Service

Dates: 17/1/2021 until 6/2/2022

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:

.....

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 17/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BEEF & MUSHROOM PIE, SAUTE AND VEG					
MEAL B (V) , VEGETABLE PIE, SAUTE AND VEG					
PUD MANGO CHEESECAKE					
TUESDAY 18/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BREAKFAST BRUNCH					
MEAL B (V) VEGGIE BREAKFAST BRUNCH					
PUD RICE PUDDING & PEACHES					
WEDNESDAY 19/1	<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 20/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHICKEN THIGHS IN MUSHROOM SAUCE, HERBY POTS & VEG					
MEAL B (V) VEGGIE SAUSAGE WITH HERBY POTS & VEG					
PUD ETON MESS					
FRIDAY 21/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A COD IN PARSLEY SAUCE, TARTAR SAUCE, CHIPS, PEAS					
MEAL B (V) VEGGIE NUGGETS, SALSA SAUCE, CHIPS, PEAS					
PUD CHOCOLATE WHIP					
SATURDAY 22/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHEESE & BACON QUICHE, NEW POTS AND SALAD					
MEAL B (V) CHEESE & BROCCOLI QUICHE, NEW POTS AND SALAD					
PUD CHERRY BAKEWELL SPONGE & CUSTARD					
SUNDAY 23/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A ROAST CHICKEN & TRIMMINGS					
MEAL B (V) CHEESE & LEEK CRUMBLE, TRIMMINGS					
PUD FRUIT & CREAM					
MONDAY 24/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>

MEAL A HUNTER'S CHICKEN, HERBY POTS, VEG					
MEAL B (V) CHEESE & TOM PUFF WITH HERBY POTS, VEG					
PUD LEMON CURD CHEESECAKE					
TUESDAY 25/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A FISHCAKES WITH NEW POTS, BEANS, GRILLED TOMATOES					
MEAL B (V) VEGGIE LASAGNE WITH NEW POTS, PEAS					
PUD APPLE CRUMBLE WITH CUSTARD					
WEDNESDAY 26/1	<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) MEDITERRANEAN TART & VEG & MASH					
PUD CRÈME CARAMEL					
THURSDAY 27/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A MEATBALLS IN HOMEMADE SAUCE & PASTA, GARLIC BREAD. SALAD					
MEAL B (V) VEGGIE SAUSAGES IN HOMEMADE SAUCE & PASTA, GARLIC BREAD, SALAD					
PUD RICE PUDDING & PEARS					
FRIDAY 28/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SCAMPI, CHIPS, PEAS, LEMON & TARTAR SAUCE					
MEAL B (V) VEGGIE TORTILLA WRAP, SALSA SAUCE, CHIPS, PEAS					
PUD BANANA CAKE & CUSTARD					
SATURDAY 29/1	<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 CHOCOLATE WHIP					
SUNDAY 30/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A PORK ROAST & TRIMMINGS					
MEAL B (V) STUFFED COURGETTES & TRIMMINGS					
PUD CHERRY SPONGE & CREAM					

MONDAY 31/1	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHICKEN & VEG PIE, MASH, VEG					
MEAL B (V) VEGGIE PIE, MASH. VEG					
PUD CHOCOLATE ORANGE SPONGE WITH CREAM					
TUESDAY 1/2	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A MEAT & POTATO PIE, HERBY POTS & VEG					
MEAL B (V) LEEK & POTATO PIE, HERBY POTS & VEG					
PUD BANANA WHIP					
WEDNESDAY 2/2	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A PORK STEAKS IN APPLE CIDER SAUCE, NEW POTS & VEG					
MEAL B (V) PEPPER/ONION & VEG NUGGETS WRAPS & NEW POTS & VEG					
PUD RETRO CAKE & CUTARD					
THURSDAY 3/2	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SWEET & SOUR CHICKEN & RICE AND VEG					
MEAL B (V) SPRING ROLLS, RICE, VEG, SAUCE					
PUD SPICED APPLE & SULTANAS AND CUSTARD					
FRIDAY 4/2	<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 COFFEE CAKE AND CREAM					
SATURDAY 5/2	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SAUSAGE & BACON RUSTIC HOT POT, SAUTE, VEG					
MEAL B (V) VEGGIE SAUSAGES, HOT POT, SAUTE, VEG					
PUD RICE PUDDING					
SUNDAY 6/2	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A GAMMON ROAST & TRIMMINGS					
MEAL B (V) MEDITERRANEAN TART & TRIMMINGS					
PUD CHEESECAKE					

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: Corned Beef 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.

The Kitchen Team