

'Buddy Box' Meal Delivery Service

Dates: 25/7/2022 until 14/8/2022

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, CHICKEN, TUNA, PRAWN** 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
MONDAY 25/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A. COLD TUNA PASTA SALAD & ROLL					
MEAL B VEGGIE PASTA & SALAD & ROLL					
PUD MARBLE CAKE					
TUESDAY 26/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A MEATBALLS IN TOMATOES SAUCE & HERBY POTS					
MEAL B VEGGIE MEATBALLS IN TOMATOES SAUCE & HERBY POTS					
PUD FRESH FRUIT SALAD & CREAM					
WEDNESDAY 27/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A JACKET MILD CHILLI & SALAD					
MEAL B JACKET BEANS & CHEESE & SALAD					
PUD APPLE & BLACKBERRY PIE					
THURSDAY 28/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A LEMON & THYME CHICKEN ROASTED NEWS & VEG					
MEAL B STUFFED MUSHROOM & ROASTED NEWS & VEG					
PUD SYRUP SPONGE & CUSTARD					
FRIDAY 29/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BATTERED COD, CHIPS, PEAS, LEMON & TARTARE SAUCE					
MEAL B VEGGIE NUGGETS CHIPS, PEAS, SALSA					
PUD STRAWBERRY WHIP					
SATURDAY 30/7	<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 BANANA & CHOCOLATE					
SUNDAY 31/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A TURKEY & ALL THE TRIMMINGS					
MEAL B (V) SUMMER VEGGIE CASSEROLE & ALL THE TRIMMINGS					
PUD CHERRY SPONGE & CREAM					
MONDAY 1/8	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A HUNTER CHICKEN & HERBY POT & SALAD					
MEAL B MED TART & HERBY POT & VEG					
PUD CHOCLATE WHIP					
TUESDAY 2/8	<u>A</u>	<u>B</u>	<u>SALAD</u>	<u>Pud</u>	<u>Eve</u>
MEAL A MINCE BEEF HOTPOT & VEG					
MEAL B VEGGIE HOTPOT & VEG					
PUD LEMON SPONGE					
WEDNESDAY 3/8	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A OMLETTE CHEESE & HAM, NEW POTS, SALAD					
MEAL B OMLETTE CHEESE& ONION, NEW POTS, SALAD					
PUD BUTTERSCOTCH WHIP					
THURSDAY 4/8	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BREAKFAST BRUNCH					
MEAL B VEGGIE BRUNCH					
PUD JAM SPONGE					
FRIDAY 5/8	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A COD NEWS POTS, PEAS, LEMON & TARTARE SAUCE					
MEAL B (V) VEGGIE BURGER NEW POTS PEAS & SALSA					
PUD CUSTARD TART					
SATURDAY 6/8	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A PLOUGHMANS (CHEESE, PORK PIE, SCOTCH EGG,					

SALAD, BREAD ROLL & PICKLES)					
MEAL B (V) VEGGIE PLOUGHMANS					
PUD CRUMBLE & CREAM					
SUNDAY 7/8	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A GAMMON & ALL THE TRIMMINGS					
MEAL B (V) MUSHROOM WELLINGTON & ALL THE TRIMMINGS					
PUD LEMON POSSET					
MONDAY 8/8	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SAUSAGE & BACON QUICHE & CROQUETTE & BEANS					
MEAL B (V) CHEESE & BROCCOLI QUICHE & CROQUETTE & BEANS					
PUD CHOCOLATE SPONGE					
TUESDAY 9/8	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A GAMMON, MASH, PICKLES					
MEAL B CHEESE & TOMATOES PUFF					
PUD ETON MESS					
WEDNESDAY 10/8	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHICKEN & LEEK & CIDER PIE, MASH & VEG					
MEAL B (V) LEEKS & COURGETTE PIE, MASH & VEG					
PUD CRUMBLE & CUSTARD					
THURSDAY 11/8	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A MEATLOAF & NEW POTS & VEG					
MEAL B MAC & CHEESE & VEG					
PUD CHERRY & AMLOND SPONGE					
FRIDAY 12/8	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SCAMPI, CHIPS, PEAS, LEMON & TARTARE SAUCE					
MEAL B VEGGIE WRAPS CHIPS, PEAS					
PUD PROFITTEROLES					
SATURDAY 13/8	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>

MEAL A CHICKEN RUSTIC HOTPOT & SAUTE					
MEAL B VEGGIE RUSTIC HOTPOT & SAUTE					
PUD BANANA CAKE					
SUNDAY 14/8	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A PORK & ALL THE TRIMMINGS					
MEAL B STUFFED MUSHROOMS & ALL THE TRIMMINGS					
<u>PUD</u> , FRUIT SALAD & 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: Corned Beef with Apple Juice and crisps.

Tuesday: Ham and Cucumber with Orange Juice and crisps.

Wednesday: Tuna Mayo with Milkshake and crisps.

Thursday: Egg Mayo with Apple Juice and crisps.

Friday: ham& pickle Orange Juice and crisps

Saturday: Cheese and Tomato with Milkshake and crisps.

Sunday: Chicken Mayo with Apple Juice and 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.