'Buddy Box' Meal Delivery Service Dates:15/4/2024 until 5/5/2024

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 **£10** and includes a free Pudding.

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 <u>allergen</u> 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 £6!

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 Sala | d Pud | Evening |
|--------------------|-------|---------|
|--------------------|-------|---------|

| MONDAY 15/4 | A | <u>B</u> | Salad | Pud | Eve |
|--|----------|----------|-------|-----|------------|
| MEAL A BREAKFAST BRUNCH | - | | | | |
| MEAL B VEGGIE BREAKFAST BRUNCH | - | | | | |
| PUD BAKEWELL | - | | | | |
| TUESDAY 16/4 | A | <u>B</u> | Salad | Pud | Eve |
| MEAL A MINCE AND POTATO PIE WITH VEG AND MASH | - | | | | |
| MEAL B VEGGIE MINCE AND POTATO PIE WITH VEG AND MASH | - | | | | |
| PUD PEACHES AND CREAM | - | | | | |
| WEDNESDAY 17/4 | Δ | <u>B</u> | Salad | Pud | Eve |
| MEAL A CHICKEN MIDWEEK ROAST & ALL THE TRIMMINGS | - | | | | |
| MEAL B STUFFED MUSHROOM AND ALLL THE TRIMMINGS | - | | | | |
| PUD CRÈME CARAMEL | - | | | | |
| THURSDAY 18/4 | Δ | B | Salad | Pud | Eve |
| MEAL A BEEF STEW WITH DUMPLING AND VEG AND SAUTE | - | | | | |
| MEAL B VEGGIE STEW WITH DUMPLING AND VEG AND SAUTE | - | | | | |
| PUD CHEESECAKE | - | | | | |
| FRIDAY 19/4 | Δ | <u>B</u> | Salad | Pud | Eve |
| MEAL A FISH FINGERS, CHIPS, PEAS, LEMON, AND TARTARE SAUCE | - | | | | |
| MEAL B VEGGIE WRAPS, CHIPS, PEAS | - | | | | |
| PUD CRUMBLE AND CUSTARD | - | | | | |
| SATURDAY 20/4 | A | <u>B</u> | Salad | Pud | Eve |
| MEAL A PULLED PORK WITH HERBY POT AND SALAD AND ROLL | _ | | | | |
| MEAL B MAC AND CHEESE WITH SALAD AND ROLL | | | | | |
| PUD UPSIDE DOWN PINEAPPLE CAKE | - | | | | |
| SUNDAY 21/4 | A | <u>B</u> | Salad | Pud | Eve |
| MEAL A ROAST GAMMON & ALL THE TRIMMINGS | | | | | |
| MEAL B NUT ROAST & ALL THE TRIMMINGS | | | | | |
| PUD STRAWBERRY WHIP | | | | | |
| | | | | | |
| | | <u>B</u> | Salad | Pud | <u>Eve</u> |
| MONDAY 22/4 | <u>A</u> | | | | |

| MEAL A BEEF AND VEG PIE WITH HERBY POT AND VEG | | | | | |
|--|----------|----------|-------|-----|-----|
| MEAL B VEGGIE PIE WITH HERBY POTS AND VEG | - | | | | |
| PUD JELLY AND FRUIT | - | | | | |
| TUESDAY 23/4 | A | <u>B</u> | SALAD | Pud | Eve |
| MEAL A SAUSAGE & BACON RUSITC HOTPOT WITH VEG | - | | | | |
| MEAL B VEGGIE SAUSAGE RUSITC HOTPOT WITH VEG | | | | | |
| PUD BANANA CAKE | | | | | |
| WEDNESDAY 24/4 | A | <u>B</u> | Salad | Pud | Eve |
| MEAL A CHICKEN MIDWEEK ROAST & ALL THE TRIMMINGS | | | | | |
| MEAL B BROC & CAULI CHEESE & ALL THE TRIMMINGS | | | | | |
| PUD CHEESECAKE | | | | | |
| THURSDAY 25/4 | A | <u>B</u> | Salad | Pud | Eve |
| MEAL A BREAKFAST BRUNCH | - | | | | |
| MEAL B VEGGIE BREAKFAST BRUNCH | | | | | |
| PUD BLONDIE | | | | | |
| FRIDAY 26/4 | <u>Α</u> | <u>B</u> | Salad | Pud | Eve |
| MEAL A BATTERED COD & CHIPS & PEAS LEMON & TARTARE SAUCE | - | | | | |
| MEAL B VEGGIE BURGER & CHIPS & PEAS WITH SALSA | | | | | |
| PUD RICE PUDDING | - | | | | |
| SATURDAY 27/4 | A | <u>B</u> | Salad | Pud | Eve |
| MEAL A CHICKEN AND VEG PIE WITH MASH AND VEG | - | | | | |
| MEAL B VEGGIE PIE WITH MASH AND VEG | - | | | | |
| PUD CRUMBLE AND CUSTARD | - | | | | |
| SUNDAY 28/4 | <u>A</u> | <u>B</u> | Salad | Pud | Eve |
| MEAL A ROAST TURKEY & ALL THE TRIMMINGS | - | | | | |
| MEAL B STUFFED MUSHROOM & ALL THE TRIMMINGS | | | | | |
| PUD CHOCOLATE WHIP | | | | | |
| MONDAY 29/4 | A | | | | |

| MEAL & STUFFED PEPPERS WITH VEG AND SAUTE Image: Constraint of the status of the s | MEAL A LEMON AND THYME CHICKEN WITH VEG AND SAUTE | | <u>B</u> | Salad | Pud | <u>Eve</u> |
|--|--|---|----------|-------|-----|------------|
| TUESDAY 30 /4ABSaladPudExcMEAL A STEAK AND KIDNEY PIE WITH VEG & HERBY POTSABSaladPudExcMEAL B VEGGIE PIE WITH VEG AND HERBY POTSPUD CHEESECAKEABSaladPudExcWEDNESDAY 1/5ABSaladPudExcExcMEAL A CHICKEN MIDWEEK ROAST & ALL THE TRIMMINGSABSaladPudExcMEAL B VEGGIE WELLINGTON & ALL THE TRIMMINGABSaladPudExcPUD SYRUP SPONGEABSaladPudExcTHURSDAY 2/5ABSaladPudExcMEAL B VEGGIE SAUSAGES IN ONION GRAVY WITH MASH AND VEGABSaladPudExcPUD BLONDIEFRIDAY 3/5ABSaladPudExcMEAL A SCAMPI & CHIPS & MUSHY PEAS LEMON & TARTARE SAUCEBSaladPudExcMEAL A SCAMPI & CHIPS & MUSHY PEAS LEMON & TARTARE SAUCEABSaladPudExcMEAL A SCAMPI & CHIPS & MUSHY PEAS WITH SALSAABSaladPudExcMEAL A BREAKFAST BRUNCHABSaladPudExcMEAL A BREAKFAST BRUNCHFUD RETRO SPONGEABSaladPudExcMEAL A ROAST PORK & ALL THE TRIMMINGSABSaladPudExcMEAL A ROAST PORK & ALL THE TRIMMINGSABSaladPudExc | MEAL B STUFFED PEPPERS WITH VEG AND SAUTE | - | | | | |
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| MEAL B VEGGIE PIE WITH VEG AND HERBY POTSImage: Constraint of the constraint | TUESDAY 30 /4 | A | <u>B</u> | Salad | Pud | Eve |
| PUD CHEESECAKEIndex of the second | MEAL A STEAK AND KIDNEY PIE WITH VEG & HERBY POTS | _ | | | | |
| WEDNESDAY 1/5AABSaladPudMEAL A CHICKEN MIDWEEK ROAST & ALL THE TRIMMINGSAABSaladPudEveMEAL B VEGGIE WELLINGTON & ALL THE TRIMMINGAABSaladPudEveFUD SYRUP SPONGEABSaladPudEveATHURSDAY 2/5ABSaladPudEveMEAL B VEGGIE SAUSAGES IN ONION GRAVY WITH MASH AND VEGABSaladPudEvePUD BLONDIEFRIDAY 3/5ABSaladPudEveMEAL A SCAMPI & CHIPS & MUSHY PEAS LEMON & TARTARE SAUCEABSaladPudEveMEAL A B VEGGIE NUGGETS & CHIPS & MUSHY PEAS WITH SALSAABSaladPudEveMEAL A B VEGGIE DUGGETS & CHIPS & MUSHY PEAS WITH SALSAABSaladPudEveMEAL A B VEGGIE BREAKFAST BRUNCHABSaladPudEveMEAL A B VEGGIE BREAKFAST BRUNCHABSaladPudEvePUD RETRO SPONGEABSaladPudEveSUNDAY 5/5ABSaladPudEveMEAL A ROAST PORK & ALL THE TRIMMINGSABSaladPudEve | MEAL B VEGGIE PIE WITH VEG AND HERBY POTS | _ | | | | |
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| MEAL A SAUSAGES IN ONION GRAVY WITH MASH AND VEGImage: Constant of the sausages in onion gravy with mash and vegIm | PUD SYRUP SPONGE | - | | | | |
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| PUD BLONDIEImage: block in the second se | MEAL A SAUSAGES IN ONION GRAVY WITH MASH AND VEG | - | | | | |
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| SATURDAY 4/5BSaladPudEveMEAL A BREAKFAST BRUNCHABSaladPudEveMEAL B VEGGIE BREAKFAST BRUNCH <td>MEAL B VEGGIE NUGGETS & CHIPS & MUSHY PEAS WITH SALSA</td> <td>-</td> <td></td> <td></td> <td></td> <td></td> | MEAL B VEGGIE NUGGETS & CHIPS & MUSHY PEAS WITH SALSA | - | | | | |
| MEAL A BREAKFAST BRUNCHImage: Constraint of the second | PUD CRUMBLE AND CUSTARD | - | | | | |
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| MEAL A ROAST PORK & ALL THE TRIMMINGS MEAL SQUASH AND LEEK CRUMBLE & ALL THE TRIMMINGS | PUD RETRO SPONGE | - | | | | |
| MEAL SQUASH AND LEEK CRUMBLE & ALL THE TRIMMINGS | SUNDAY 5/5 | A | B | Salad | Pud | Eve |
| | MEAL A ROAST PORK & ALL THE TRIMMINGS | - | | | | |
| PUD, BANANA WHIP | MEAL SQUASH AND LEEK CRUMBLE & ALL THE TRIMMINGS | - | | | | |
| | PUD, BANANA WHIP | - | | | | |

Afternoon Tea for Only £6

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 £6 a day we include:

Monday: Corned Beef with Apple Juice and crisps.

Tuesday: Cheese & pickle with Orange Juice and crisps.

Wednesday: Tuna Mayo with Milkshake and crisps.

Thursday: Egg Mayo with Apple Juice and crisps.

Friday: Ham and Cucumber with 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 <u>ARE</u> 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