

'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 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 £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	Salad	Pud	Evening
--	---------------	---------------	--------------	------------	----------------

MONDAY 15/4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BREAKFAST BRUNCH					
MEAL B VEGGIE BREAKFAST BRUNCH					
PUD BAKEWELL					
TUESDAY 16/4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
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	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHICKEN MIDWEEK ROAST & ALL THE TRIMMINGS					
MEAL B STUFFED MUSHROOM AND ALL THE TRIMMINGS					
PUD CRÈME CAMEL					
THURSDAY 18/4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
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	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A FISH FINGERS, CHIPS, PEAS, LEMON, AND TARTARE SAUCE					
MEAL B VEGGIE WRAPS, CHIPS, PEAS					
PUD CRUMBLE AND CUSTARD					
SATURDAY 20/4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
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	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A ROAST GAMMON & ALL THE TRIMMINGS					
MEAL B NUT ROAST & ALL THE TRIMMINGS					
PUD STRAWBERRY WHIP					
MONDAY 22/4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</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	<u>A</u>	<u>B</u>	<u>SALAD</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SAUSAGE & BACON RUSITC HOTPOT WITH VEG					
MEAL B VEGGIE SAUSAGE RUSITC HOTPOT WITH VEG					
PUD BANANA CAKE					
WEDNESDAY 24/4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHICKEN MIDWEEK ROAST & ALL THE TRIMMINGS					
MEAL B BROC & CAULI CHEESE & ALL THE TRIMMINGS					
PUD CHEESECAKE					
THURSDAY 25/4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BREAKFAST BRUNCH					
MEAL B VEGGIE BREAKFAST BRUNCH					
PUD BLONDIE					
FRIDAY 26/4	<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 BURGER & CHIPS & PEAS WITH SALSA					
PUD RICE PUDDING					
SATURDAY 27/4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
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>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A ROAST TURKEY & ALL THE TRIMMINGS					
MEAL B STUFFED MUSHROOM & ALL THE TRIMMINGS					
PUD CHOCOLATE WHIP					
MONDAY 29/4	<u>A</u>				

MEAL A LEMON AND THYME CHICKEN WITH VEG AND SAUTE		<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL B STUFFED PEPPERS WITH VEG AND SAUTE					
PUD CHOCOLATE SPONGE IN CHOCOLATE SAUCE					
TUESDAY 30 /4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A STEAK AND KIDNEY PIE WITH VEG & HERBY POTS					
MEAL B VEGGIE PIE WITH VEG AND HERBY POTS					
PUD CHEESECAKE					
WEDNESDAY 1/5	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHICKEN MIDWEEK ROAST & ALL THE TRIMMINGS					
MEAL B VEGGIE WELLINGTON & ALL THE TRIMMING					
PUD SYRUP SPONGE					
THURSDAY 2/5	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SAUSAGES IN ONION GRAVY WITH MASH AND VEG					
MEAL B VEGGIE SAUSAGES IN ONION GRAVY WITH MASH AND VEG					
PUD BLONDIE					
FRIDAY 3/5	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SCAMPI & CHIPS & MUSHY PEAS LEMON & TARTARE SAUCE					
MEAL B VEGGIE NUGGETS & CHIPS & MUSHY PEAS WITH SALSA					
PUD CRUMBLE AND CUSTARD					
SATURDAY 4/5	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BREAKFAST BRUNCH					
MEAL B VEGGIE BREAKFAST BRUNCH					
PUD RETRO SPONGE					
SUNDAY 5/5	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A ROAST PORK & ALL THE TRIMMINGS					
MEAL SQUASH AND LEEK CRUMBLE & ALL THE TRIMMINGS					
<u>PUD</u> , 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 **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