### 'Buddy Box' Meal Delivery Service Dates:6/5/2024 until 26/5/2024

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 6/5   | A        | <u>B</u> | Salad        | Pud | Eve        |
|--|----------|----------|--------------|-----|------------|
| MEAL A HUNTER'S CHICKEN WITH NEW POTS & SALAD              |          |          |              |     |            |
| MEAL B MAC AND CHEESE WITH GALRIC BREAD & SALAD            |          |          |              |     |            |
| PUD BAKEWELL   |          |          |              |     |            |
| TUESDAY 7/5  | 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 8/5  | A        | <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 9/5   | A        | <u>B</u> | Salad        | Pud | <u>Eve</u> |
| MEAL A BREAKFAST BRUNCH                                    |          |          |              |     |            |
| MEAL B VEGGIE BREAKFAST BRUNCH                             |          |          |              |     |            |
| PUD CHEESECAKE   |          |          |              |     |            |
| FRIDAY 10/5  | A        | <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 11/5  | A        | <u>B</u> | Salad        | Pud | Eve        |
| MEAL A PORK STEAK IN LEEK SAUCE WITH NEW POTS AND VEG      |          |          |              |     |            |
| MEAL B VEGGIES IN LEEK SAUCE WITH NEW POTS AND VEG         |          |          |              |     |            |
| PUD PEARS IN CHOCOLATE SAUCE                               |          |          |              |     |            |
| SUNDAY 12/5  | A        | B        | Salad        | Pud | Eve        |
| MEAL A ROAST GAMMON & ALL THE TRIMMINGS                    |          |          |              |     |            |
| MEAL B NUT ROAST & ALL THE TRIMMINGS                       |          |          |              |     |            |
| PUD STRAWBERRY WHIP  |          |          |              |     |            |
|  |          |          |              |     | _          |
| MONDAV 13/5  | <b>A</b> | <u>B</u> | <u>Salad</u> | Pud | <u>Eve</u> |
| MONDAY 13/5  | A        |          |              |     |            |

| MEAL A PULLED PORK WITH SAUTE AND SALAD                  |   |          |       |     |            |
|--|---|----------|-------|-----|------------|
| MEAL B STUFFED PEPPERS WITH SAUTE AND SALAD              | - |          |       |     |            |
| PUD JELLY AND FRUIT                                      | _ |          |       |     |            |
| TUESDAY 14/5   | A | <u>B</u> | SALAD | Pud | Eve        |
| MEAL A BREAKFAST BRUNCH                                  |   |          |       |     |            |
| MEAL B VEGGIE BREAKFAST BRUNCH                           | - |          |       |     |            |
| PUD BANANA CAKE  | _ |          |       |     |            |
| WEDNESDAY 15/5   | A | <u>B</u> | Salad | Pud | <u>Eve</u> |
| MEAL A CHICKEN MIDWEEK ROAST & ALL THE TRIMMINGS         | - |          |       |     |            |
| MEAL B BROC & CAULI CHEESE & ALL THE TRIMMINGS           | - |          |       |     |            |
| PUD CHEESECAKE   | - |          |       |     |            |
| THURSDAY 16/5  | A | <u>B</u> | Salad | Pud | Eve        |
| MEAL A COTTAGE PIE WITH VEG                              | - |          |       |     |            |
| MEAL B VEGGIE COTTAGE PIE WITH VEG                       | _ |          |       |     |            |
| PUD BLONDIE  | _ |          |       |     |            |
| FRIDAY 17/5  | A | <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 18/5  | A | <u>B</u> | Salad | Pud | <u>Eve</u> |
| MEAL A BEEF STEW WITH DUMPLING AND MASH & VEG            | - |          |       |     |            |
| MEAL B VEGGIE STEW WITH DUMPLING AND MASH & VEG          | - |          |       |     |            |
| PUD PEACHES AND CREAM                                    | - |          |       |     |            |
| SUNDAY 19/5  | A | <u>B</u> | Salad | Pud | Eve        |
| MEAL A ROAST TURKEY & ALL THE TRIMMINGS                  | - |          |       |     |            |
| MEAL B STUFFED MUSHROOM & ALL THE TRIMMINGS              | _ |          |       |     |            |
| PUD CHOCOLATE WHIP                                       | - |          |       |     |            |
| MONDAY 20/5  | Ā |          |       |     |            |

| MEAL B VEGGIE LASAGNE WITH GARLIC BREAD AND SALADImage: Constraint of the second s          | MEAL A LASAGNE WITH GARLIC BREAD AND SALAD               |          | <u>B</u> | Salad | Pud | Eve |
|--|--|----------|----------|-------|-----|-----|
| TUESDAY 21/5       Image: Control of the                          | MEAL B VEGGIE LASAGNE WITH GARLIC BREAD AND SALAD        |          |          |       |     |     |
| MEAL A SAUSAGES IN ONION GRAVY WITH MASH AND VEG<br>MEAL B VEGGIE SAUSAGES IN ONION GRAVY WITH MASH AND VEG<br>PUD MARBLE SPONGEABSalad<br>SaladPudExxWEDNESDAY 22/5<br>MEAL A CHICKEN MIDWEEK ROAST & ALL THE TRIMMINGS<br>PUD FRESH FRUIT SALAD AND CREAMABSaladPudExxMEAL B VEGGIE WELLINGTON & ALL THE TRIMMING<br>PUD FRESH FRUIT SALAD AND CREAMABSaladPudExxTHURSDAY 22/5<br>MEAL A BEEF AND VEG PIE WITH VEG AND HERBY POTS<br>PUD RETRO SPONGEABSaladPudExxFRUDAY 24/5<br>MEAL A SCAMPI & CHIPS & MUSHY PEAS LEMON & TARTARE SAUCE<br>MEAL A BREAKFAST BRUNCH<br>PUD CRUMBLE AND CUSTARDABSaladPudExxSATURDAY 25/5<br>MEAL A BREAKFAST BRUNCH<br>PUD LEMON AND LIME DRIZZLE CAKEABSaladPudExxSUNDAY 26/5<br>MEAL A ROAST PORK & ALL THE TRIMMINGS<br>MEAL A ROAST PORK & ALL THE TRIMMINGSABSaladPudExxMEAL A ROAST PORK & ALL THE TRIMMINGS<br>MEAL A ROAST PORK & ALL THE TRIMMINGSABSaladPudExx  | PUD CHEESECAKE   |          |          |       |     |     |
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| PUD MARBLE SPONGEPUDSaladPudWEDNESDAY 22/5ABSaladPudExcMEAL A CHICKEN MIDWEEK ROAST & ALL THE TRIMMINGSABSaladPudExcMEAL B VEGGIE WELLINGTON & ALL THE TRIMMING  | MEAL A SAUSAGES IN ONION GRAVY WITH MASH AND VEG         |          |          |       |     |     |
| Image: constraint of the section of | MEAL B VEGGIE SAUSAGES IN ONION GRAVY WITH MASH AND VEG  |          |          |       |     |     |
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| MEAL B VEGGIE WELLINGTON & ALL THE TRIMMINGImage: Constraint of the transming of transmine o          | WEDNESDAY 22/5   | A        | <u>B</u> | Salad | Pud | Eve |
| PUD FRESH FRUIT SALAD AND CREAMImage: Constant of the section of the se          | MEAL A CHICKEN MIDWEEK ROAST & ALL THE TRIMMINGS         |          |          |       |     |     |
| Image: biology and set in the set in th | MEAL B VEGGIE WELLINGTON & ALL THE TRIMMING              |          |          |       |     |     |
| MEAL A BEEF AND VEG PIE WITH VEG AND HERBY POTSABSaladPudPUD RETRO SPONGEABSaladPudExeFRIDAY 24/5ABSaladPudExeMEAL A SCAMPI & CHIPS & MUSHY PEAS LEMON & TARTARE SAUCEABSaladPudExeMEAL B VEGGIE NUGGETS & CHIPS & MUSHY PEAS WITH SALSAABSaladPudExeMEAL B VEGGIE NUGGETS & CHIPS & MUSHY PEAS WITH SALSAABSaladPudExeMEAL B VEGGIE NUGGETS & CHIPS & MUSHY PEAS WITH SALSAABSaladPudExeMEAL B VEGGIE BREAKFAST BRUNCHABSaladPudExeMEAL A BREAKFAST BRUNCHABSaladPudExeMEAL A VEGGIE BREAKFAST BRUNCHABSaladPudExePUD LEMON AND LIME DRIZZLE CAKEABSaladPudExeMEAL A ROAST PORK & ALL THE TRIMMINGSABSaladPudExe  | PUD FRESH FRUIT SALAD AND CREAM                          |          |          |       |     |     |
| MEAL B VEGGIE PIE WITH VEG AND HERBY POTSABBB  | THURSDAY 23/5  | A        | <u>B</u> | Salad | Pud | Eve |
| PUD RETRO SPONGEImage: Public problem (1998)Public problem (19  | MEAL A BEEF AND VEG PIE WITH VEG AND HERBY POTS          |          |          |       |     |     |
| FRIDAY 24/5BSaladPudExerMEAL A SCAMPI & CHIPS & MUSHY PEAS LEMON & TARTARE SAUCEHeat B VEGGIE NUGGETS & CHIPS & MUSHY PEAS WITH SALSAHeat B VEGGIE NUGGETS & CHIPS & MUSHY PEAS WITH SALSAHeat B VEGGIE BRUGGETS & MUSHY PEAS WITH SALSA   | MEAL B VEGGIE PIE WITH VEG AND HERBY POTS                |          |          |       |     |     |
| MEAL A SCAMPI & CHIPS & MUSHY PEAS LEMON & TARTARE SAUCEABABABABCCC <td>PUD RETRO SPONGE</td> <td></td> <td></td> <td></td> <td></td> <td></td>  | PUD RETRO SPONGE   |          |          |       |     |     |
| MEAL B VEGGIE NUGGETS & CHIPS & MUSHY PEAS WITH SALSAPUD CRUMBLE AND CUSTARDABSaladPudEveSATURDAY 25/5ABSaladPudEveMEAL A BREAKFAST BRUNCHMEAL B VEGGIE BREAKFAST BRUNCHHEAL SUNDAY 26/5ABSaladPudEveSUNDAY 26/5ABSaladPudEveEveEveEveMEAL A ROAST PORK & ALL THE TRIMMINGSMEAL SQUASH AND LEEK CRUMBLE & ALL THE TRIMMINGSABSaladPudEve   | FRIDAY 24/5  | A        | <u>B</u> | Salad | Pud | Eve |
| PUD CRUMBLE AND CUSTARDImage: Public problem of the sector of          | MEAL A SCAMPI & CHIPS & MUSHY PEAS LEMON & TARTARE SAUCE |          |          |       |     |     |
| SATURDAY 25/5ABSaladPudEveMEAL A BREAKFAST BRUNCHHEAL B VEGGIE BREAKFAST BRUNCHHEAL B VEGGIE BREAKFAST BRUNCHHEAL B VEGGIE BREAKFAST BRUNCHHEAL B VEGGIE BREAKFAST BRUNCHHEAL SUNDAY 26/5HEAL SUNDAY 26/5HEAL SUNDAY 26/5HEAL A ROAST PORK & ALL THE TRIMMINGSHEAL SUNDAY 26/5HEAL A ROAST PORK & ALL THE TRIMMINGSHEAL SUNDAY 26/5HEAL SUNDAY   | MEAL B VEGGIE NUGGETS & CHIPS & MUSHY PEAS WITH SALSA    |          |          |       |     |     |
| MEAL A BREAKFAST BRUNCHA BREAKFAST BRUNCHA BREAKFAST BRUNCHA BREAKFAST BRUNCHA BREAKFAST BRUNCHPUD LEMON AND LIME DRIZZLE CAKEA BSaladPudSUNDAY 26/5A BSaladPudMEAL A ROAST PORK & ALL THE TRIMMINGSA BSaladPud  | PUD CRUMBLE AND CUSTARD                                  |          |          |       |     |     |
| MEAL B VEGGIE BREAKFAST BRUNCH       Heat a roast pork & all the trimmings       Heat a roast pork & all the trime pork & all the trimmings       Heat a roast pork & all the trime pork & all the trima pork & all the trima pork & all the trime pork & all the trima  | SATURDAY 25/5  | A        | <u>B</u> | Salad | Pud | Eve |
| PUD LEMON AND LIME DRIZZLE CAKE       Image: Comparison of the second seco                         | MEAL A BREAKFAST BRUNCH                                  |          |          |       |     |     |
| SUNDAY 26/5     A     B     Salad     Pud     Eve       MEAL A ROAST PORK & ALL THE TRIMMINGS     Heat SQUASH AND LEEK CRUMBLE & ALL THE TRIMMINGS  | MEAL B VEGGIE BREAKFAST BRUNCH                           |          |          |       |     |     |
| MEAL A ROAST PORK & ALL THE TRIMMINGS MEAL SQUASH AND LEEK CRUMBLE & ALL THE TRIMMINGS   | PUD LEMON AND LIME DRIZZLE CAKE                          |          |          |       |     |     |
| MEAL SQUASH AND LEEK CRUMBLE & ALL THE TRIMMINGS   | SUNDAY 26/5  | <u>A</u> | <u>B</u> | Salad | Pud | Eve |
|  | MEAL A ROAST PORK & ALL THE TRIMMINGS                    |          |          |       |     |     |
| PUD, BANANA WHIP   | 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 Ribena and crisps.

Thursday: Egg Mayo with Apple Juice and crisps.

Friday: Ham and Cucumber with Orange Juice and crisps

Saturday: Cheese and Tomato with Ribena 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