

'Buddy Box' Meal Delivery Service

Dates:16/9/2024 until 13/10/2024

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 16/9	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A HUNTER'S CHICKEN WITH NEW POTS AND SALAD					
MEAL B MAC AND CHEESE WITH NEW POTS AND SALAD					
PUD CRUMBLE AND CREAM					
TUESDAY 17/9	<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 MARBLE SPONGE					
WEDNESDAY 18/9	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BEEF STEW WITH MASH AND VEG					
MEAL B VEGGIE STEW WITH MASH AND VEG					
PUD PEARS IN CHOCOLATE SAUCE					
THURSDAY 19/9	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A QUICHE WITH BACON WITH BEANS & TOM AND SAUTE					
MEAL B QUICHE WITH CHEESE WITH BEANS & TOM AND SAUTE					
PUD SYRUP SPONGE					
FRIDAY 20/9	<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 CHEESECAKE					
SATURDAY 21/9	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A COTTAGE PIE WITH VEG					
MEAL B VEGGIE COTTAGE PIE WITH VEG					
PUD FRESH FRUIT SALAD WITH CREAM					
SUNDAY 22/9	<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 23/9	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BEEF AND VEG STEW WITH SAUTE AND VEG					
MEAL B VEGGIE STEW WITH SAUTE AND VEG					
PUD JELLY AND FRUIT					
TUESDAY 24/9	<u>A</u>	<u>B</u>	<u>SALAD</u> <u>D</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 & VEG					
PUD PEACHES AND CREAM					
WEDNESDAY 25/9	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A LEMON AND THYME CHICKEN WITH HERBY POTS & VEG					
MEAL B VEGGIE PUFF WITH HERBY POTS AND VEG					
PUD ETON MESS					
THURSDAY 26/9	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A MINCE BEEF HOTPOT WITH VEG					
MEAL B VEGGIE HOTPOT WITH VEG					
PUD COFFEE CAKE					
FRIDAY 27/9	<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 CRUMBLE AND CREAM					
SATURDAY 28/9	<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 CHOCOLATE SPONGE IN CHOCOLATE SAUCE					
SUNDAY 29/9	<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 30/9	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A LASAGNE WITH GARLIC BREAD AND SALAD					
MEAL B VEGGIE LASAGNE WITH GARLIC BREAD AND SALAD					
PUD FRESH FRUIT SALAD WITH CREAM					
TUESDAY 1/10	<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 LEMON AND LIME CAKE					
WEDNESDAY 2/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A HUNTER'S CHICKEN WITH SAUTE AND SALAD					
MEAL B MAC AND CHEESE WITH SAUTE AND SALAD					
PUD ETON MESS					
THURSDAY 3/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A PORK STEAK IN A LEEK SAUCE WITH NEW POTS AND VEG					
MEAL B VEGGIE IN A LEEK SAUCE WITH NEW POTS AND VEG					
PUD CHERRY AND ALMOND CAKE					
FRIDAY 4/10	<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 YOGURT AND FRUIT					
SATURDAY 5/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A STEAK & KIDNEY PIE WITH MASH AND VEG					
MEAL B VEGGIE PIE WITH MASH AND VEG					
PUD PINEAPPLE UPSIDE DOWN CAKE					
SUNDAY 6/10	<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					

MONDAY 7/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SAUSAGE PLAIT WITH HERBY POTS AND BEANS & TOMS					
MEAL B VEGGIE PLAIT WITH HERBY POTS AND BEANS & TOMS					
PUD JAM SPONGE					
TUESDAY 8/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A COTTAGE PIE WITH VEG					
MEAL B VEGGIE COTTAGE PIE WITH VEG					
PUD CRUMBLE AND CREAM					
WEDNESDAY 9/10	<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 PEACHES AND CREAM					
THURSDAY 10/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHCIKEN STEW WITH NEW POTS AND VEG					
MEAL B VEGGIE STEW WITH NEW POTS AND VEG					
PUD PEACHES AND CREAM					
FRIDAY 11/10	<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 PINEAPPLE AND SULTANA SPONGE					
SATURDAY 12/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL LEMON AND THYME CHICKEN WITH SAUTE ANND VEG					
MEAL B VEGGIE PUFF WITH SAUTE AND VEG					
PUD FRUIT CAKE					
SUNDAY 13/10	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A ROAST GAMMON & ALL THE TRIMMINGS					
MEAL NUT ROAST & ALL THE TRIMMINGS					
PUD, STRAWBERRY 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 **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.