



Dear Valued Client

Due to unforeseen circumstances the kitchen will not be open on Saturday 19th October and Sunday 20th October and therefore we are offering a salad or pack up to be delivered to you on Friday 18th October for the weekend.

We apologise for the inconvenience and please do let us know if you have any concerns or require further support.

We will be in touch to keep you updated as the kitchen does require work to be carried out and we are doing our best to not impact the Buddy Box service.

We want to thank you for your patience and understanding and please do let us know if you require further support.

Vanessa Wood

CEO

Buddy Box – Hot Meal Delivery Service



Menu

14th October 2024 until 20th 2024

- *Please make your choice and return your order form to the driver
- *If you prefer you can call 01843 223881
- *Please select meal **A** or ***B (*Vegetarian)**
- *Please choose a pudding if you would like to receive one.

***Meals are £10 including a pudding.**

PLEASE NOTE

- *Our delivery period is between 11.30am – 2.30pm, unfortunately we are unable to guarantee a time slot**
- *Meals must be delivered; we are unable to leave outside.**

- *Our food is prepared where nuts, gluten and other allergies could be present.
- *Our menu descriptions cannot always include all ingredients.
- *We use fresh, locally sourced, seasonable vegetables
- *We cannot commit to exact types

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:

Any food Allergies: Y/N if Yes please specify

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SALAD BOXES £6

We offer a choice of **HAM, CHEESE, CHICKEN, TUNA, PRAWN** salads with

- 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.

**Salads can now be considered as a meal alternative
if you do not fancy a hot meal pick me!**



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	Meal A	Meal B	Salad	Pud	Evening
MONDAY 14th October	<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 15th	<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 16th	<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 17th	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A QUICHE BEANS & TOM AND SAUTE					
MEAL B QUICHE WITH CHEESE WITH BEANS & TOM AND SAUTE					
PUD SYRUP SPONGE					
FRIDAY 18th	<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 19th	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SALAD BOX					
MEAL B SALAD BOX					
SUNDAY 20th	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SANDWICH PACK UP – HAM & CUE					
MEAL B SANDWICH PACK UP CHEESE & TOM					

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MONDAY 21st October	<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 22nd	<u>A</u>	<u>B</u>	<u>SALA 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 23rd	<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 24th	<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 25th	<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 26th	<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 27th	<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					

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PUD CHOCOLATE WHIP					
MONDAY 28th October	<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 29th	<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 30th	<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 31st	<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 1st November	<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 2nd	<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 3rd	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A- ROAST PORK & ALL THE TRIMMINGS					
MEAL B- SQUASH AND LEEK CRUMBLE & ALL THE TRIMMINGS					

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<u>PUD</u> , BANANA WHIP					
MONDAY 4th November	<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 5th	<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 6th	<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 7th	<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 8th	<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 9th	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A - LEMON AND THYME CHICKEN WITH SAUTE ANND VEG					
MEAL B - VEGGIE PUFF WITH SAUTE AND VEG					
PUD FRUIT CAKE					
SUNDAY 10th	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A - ROAST GAMMON & ALL THE TRIMMINGS					

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MEAL B - NUT ROAST & ALL THE TRIMMINGS					
<u>PUD</u> , STRAWBERRY WHIP					

Fancy Afternoon Tea

Fridge ready!

**We deliver at the same time as your hot meal delivery,
Sandwiches, fresh fruit and cake/biscuits**

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.

Vegetarian Option: Please specify

Brown/White Bread: Please specify



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Containers

- Our containers **ARE** now microwavable, including the small black dessert ones.
- The containers **CAN NOT** go into the oven they will melt and are a fire and safety hazard.
- The containers are reusable.
- **Please return rinsed containers to the driver, we sterilise and reuse them to help the environment**
- **NOT SUITABLE FOR THE OVEN**

Not ready to eat at the time of delivery, please put your food containers in the fridge and then reheat to 75-degree temperature in the microwave later

Please only reheat this **once** to avoid any food poisoning.

Should you wish to make any changes to your menu, please let us know at your earliest convenience.

We would like to thank you for your on-going support.

Any further queries or questions we are happy to help.

Thank you.

The kitchen team.

Age UK Thanet

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