

# Buddy Box – Hot Meal Delivery Service



## Menu

**11<sup>th</sup> November 2024 until 8<sup>th</sup> December 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
<b>MONDAY 11<sup>th</sup> November 24</b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
MEAL A - BEEF STEW WITH MASH AND VEG					
MEAL B - VEGGIE STEW WITH MASH AND VEG					
PUDDING - FRUIT AND JELLY					
<b>TUESDAY 12<sup>th</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
MEAL A – BREAKFAST BRUNCH					
MEAL B VEGGIE BREAKFAST BRUNCH					
PUDDING – CHEESECAKE					
<b>WEDNESDAY 13<sup>th</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
MEAL A – SAUSAGES IN ONION GRAVEY WITH MASH AND VEG					
MEAL B – VEGGIE SAUSAGES IN ONION GRAVEY WITH MASH & VEG					
PUDDING – FRUIT AND CRUMBLE					
<b>THURSDAY 14<sup>th</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
MEAL A – LASAGNA CHIPS AND SALAD					
MEAL B – VEGGIE LASAGNA CHIPS AND SALAD					
PUDDING – ANGEL DELIGHT					
<b>FRIDAY 15<sup>th</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
MEAL A – FISH CHIPS AND PEAS					
MEAL B – VEGGIE NUGGETS PEAS AND CHIPS					
PUDDING – FRUIT AND CREAM					
<b>SATURDAY 16<sup>th</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
MEAL A - GAMMON CHIPS AND BEANS					
MEAL B – VEGGIE WRAPS CHIPS AND SALAD					
PUDDING – CAKE AND CUSTARD					
<b>SUNDAY 17<sup>th</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
MEAL A – ROAST CHICKEN DINNER WITH ALL THE TRIMMINGS					
MEAL B – VEGGIE PIE ROAST WITH ALL THE TRIMMINGS					
PUDDING – BREAD PUDDING AND CUSTARD					

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<b>MONDAY 18th November 24</b>					
MEAL A -HUNTERS CHICKEN WITH SAUTE POTATOES AND SALAD	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL B- MAC AND CHEESE WITH NEW POTATOES AND SALAD					
PUDDING- ETON MESS					
	<u>A</u>	<u>B</u>	<u>SALA</u>	<u>Pud</u>	<u>Eve</u>
<b>TUESDAY 19th</b>			<u>D</u>		
MEAL A- COTTAGE PIE WITH VEG					
MEAL B- VEGGIE COTTAGE PIE WITH VEG					
PUDDING – BANOFFEE PIE WITH CREAM					
<b>WEDNESDAY 20th</b>	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A- FISH FINGERS MASH AND BAKED BEANS					
MEAL B- VEGGIE SAUSAGES MASH AND BAKED BEANS					
PUDDING – PINEAPPLE UPSIDE DOWN CAKE AND CUSTARD					
<b>THURSDAY 21st</b>	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A- CHICKEN STEW WITH NEW POTATOES AND VEG					
MEAL B - VEGGIE STEW WITH NEW POTATOES AND VEG					
PUDDING – APPLE CRUMBLE					
<b>FRIDAY 22nd</b>	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A -SCAMPI CHIPS AND SALAD					
MEAL B - VEGGIE PIE CHIPS AND SALAD					
PUDDING - CHERRY ALMOND CAKE					
<b>SATURDAY 23rd</b>	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A- GAMMON SAUTE POTATOES HOME MADE COLESLAW					
MEAL B -VEGGIE BURGER SAUTE POTATOES HOME MADE COLESLAW					
PUDDING – FRUIT AND CREAM					
<b>SUNDAY 24th</b>	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A- ROAST BEEF DINNER WITH ALL THE TRIMMINGS					
MEAL B- SQUASH & LEEK CRUMBLE DINNER & ALL THE TRIMMINGS					

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<b>PUDDING - BANANA WHIP</b>					
<b>MONDAY 25<sup>th</sup> November 24</b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
<b>MEAL A- QUICHE CHIPS AND SALAD</b>					
<b>MEAL B- VEGGIE QUICHE CHIPS AND SALAD</b>					
<b>PUDDING – CHOCOLATE CAKE AND CUSTARD</b>					
<b>TUESDAY 26<sup>th</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
<b>MEAL A- BEEF HOTPOT WITH VEG</b>					
<b>MEAL B - VEGGIE HOTPOT WITH VEG</b>					
<b>PUDDING – COFFEE CAKE</b>					
<b>WEDNESDAY 27<sup>th</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
<b>MEAL A- SPAGHETTI BOLOGNESE AND GARLIC BREAD</b>					
<b>MEAL B - VEGGIE SPAGHETTI BOLOGNESE AND GARLIC BREAD</b>					
<b>PUDDING- FRUIT AND CREAM</b>					
<b>THURSDAY 28<sup>th</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
<b>MEAL A- SAUSAGE STEW MASH AND VEG</b>					
<b>MEAL B- VEGGIE SAUSAGE STEW MASH AND VEG</b>					
<b>PUDDING – JELLY AND CREAM</b>					
<b>FRIDAY 29<sup>th</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
<b>MEAL A- FISH FINGERS CHIPS AND MUSHY PEAS</b>					
<b>MEAL B- VEGGIE PIE CHIPS AND MUSHY PEAS</b>					
<b>PUDDING – PEARS IN CHOCOLATE SAUCE</b>					
<b>SATURDAY 30<sup>th</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
<b>MEAL A- COTTAGE PIE AND VEG</b>					
<b>MEAL B- VEGGIE COTTAGE PIE AND VEG</b>					
<b>PUDDING – CRUMBLE AND CREAM</b>					
<b>SUNDAY 1<sup>st</sup> DECEMBER 24</b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
<b>MEAL A- ROAST PORK &amp; ALL THE TRIMMINGS</b>					
<b>MEAL B- STUFFED MUSHROM &amp; ALL THE TRIMMINGS</b>					
<b>PUDDING - JAM TART CUSTARD</b>					

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<b>MONDAY 2<sup>nd</sup> DECEMBER 24</b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
MEAL A- CHILLI CON CARNE AND RICE WITH GARLIC BREAD					
MEAL B- VEGGIE CHILLI CON CARNE AND RICE WITH GARLIC BREAD					
PUDDING – FRUIT AND CREAM					
<b>TUESDAY 3<sup>rd</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
MEAL A- CHICKEN DIEVS MASH AND VEG					
MEAL B- VEGGIE BURGER MASH AND VEG					
PUDDING - APPLE CRUMBLE AND CREAM					
<b>WEDNESDAY 4<sup>th</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
MEAL A- BEEF BURGER IN A BUN CHIPS AND SALAD					
MEAL B -VEGGIE PUFFS CHIPS AND SALAD					
PUDDING – APPLE AND RHUBARB PIE WITH CUSTARD					
<b>THURSDAY 5<sup>th</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
MEAL A – LEMON CHICKEN HERBY POTATOES AND VEG					
MEAL B – VEGGIE PASTY HERBY POTATOES AND VEG					
PUDDING – RICE PUDDING					
<b>FRIDAY 6<sup>th</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
MEAL A – FISH GOUGONS CHIPS AND PEAS					
MEAL B – VEGGIE WRAPS CHIPS AND SALAD					
PUDDING – JAM SPONGE AND CUSTARD					
<b>SATURDAY 7<sup>th</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
MEAL A – CORN BEEF HASH SWEETCORN VEG AND GRAVEY					
MEAL B – VEGGIE COTTAGE PIE WITH VEG					
PUDDING – ANGLE DELIGHT					
<b>SUNDAY 8<sup>th</sup></b>	<u><b>A</b></u>	<u><b>B</b></u>	<u><b>Salad</b></u>	<u><b>Pud</b></u>	<u><b>Eve</b></u>
MEAL A – PORK CHOP MASH AND VEG					
MEAL B – VEGGIE PIE MASH AND VEG					

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PUDDING – LEMON PIE AND CREAM					
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## 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



# Buddy Box – Hot Meal Delivery Service

## 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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