

'Buddy Box' Meal Delivery Service

Dates: 21/3/2022 until 10/4/2022

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 **£7** and for Pudding an additional **£1**.

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 £5!

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 21/3	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
<u>MEAL A. BREAKFAST BRUNCH</u>					
<u>MEAL B VEGGIE BREAKFAST BRUNCH</u>					
<u>RICE PUDDING & STRAWBERRY JAM</u>					
TUESDAY 22/3	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BEEF LASAGNA ,GARLIC BREAD & SALAD					
MEAL B MED VEG LASAGNA, GARLIC BREAD & SALAD					
PUD FRUIT COMPOT GRANOLA & WHIPPED CREAM					
WEDNESDAY 23/3	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL BONELESS PORK CHOP ROASTED NEWS CAULIFLOWER & GREEN BEANS					
MEAL B (V) CAULIFLOWER CHEESE ROASTED NEW POTATOES CARROTS & GREEN BEANS					
PUD PEAR & FRANGIPAN TART & CUSTARD					
THURSDAY 24/3	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A HAM CHEESE & MUSHROOM QUICHE, SAULTE POTS & BEETROOT SLAW					
MEAL B (V) CHEESE MUSHROOM & TOMATO QUICHE, SAULTE POT & BEETROOT SLAW					
PUD PINEAPPLE UPSIDE DOWN CAKE & CREAM					
FRIDAY 25/ 3	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BATTERED COD CHIPS PEAS LEMON & TAR TARE					
MEAL B MED VEG & CHEESE WRAP CHIPS PEAS & SALSA					
PUD LEMON POSSET & FRUIT COULLI					
SATURDAY 26/3	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
<u>MEAL A BREADED CHICKEN THIGH BURGER BBQ BEANS & CURLEY FRIES</u>					

MEAL B (V) VEGGIE CHEESE BURGER BBQ BEANS & CURLEY FRIES					
PUD CHOCOLATE WHIP					
SUNDAY 27/3	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A ROAST GAMMON WITH ALL THE TRIMMINGS					
MEAL B (V)BROCOLLI & LEEK CRUMBLE WITH ALL THE TRIMMINGS					
PUD TRIFFEL					
MONDAY 28/3	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL BREAKFAST BRUNCH					
MEAL B (V) VEGGIE BREAKFAST BRUNCH					
PUD APPLE CAKE & CUSTARD					
TUESDAY 29/3	<u>A</u>	<u>B</u>	<u>SALAD</u>	<u>Pud</u>	<u>Eve</u>
MEAL A FISH CAKE & CHEESE SAUCE, CROQUETTE POTATOES & GREEN BEANS					
MEAL B (V) MACARONI CHEESE WITH CHEERY TOMS					
PUD LEMON & VANILLA CHEESE CAKE					
WEDNESDAY 30/3	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A STEAK & ALE PUFF PASTRY PIE ROASTED NEWS &CABBAGE & CARROTS					
MEAL B (V) VEG WELLINGTON ROASTED NEW POTATOES CABBAGE & CARROTS					
PUD BREAD & BUTTER PUDDING & CUSTARD					
THURSDAY 31/3	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CUMBERLAND SAUSAGE MASH ONION GRAVY & GREEN BEANS					
MEAL B (V) VEGGIE SAUSAGE MASH, ONION GRAVY GREEN BEANS					
PUD POACHED PEARS IN CHOCOLATE SAUCE					
FRIDAY 01/4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A JUMBO FISH FINGERS CHIPS PEAS LEMON & TARTARE SAUCE					
MEAL B (V) VEGAN NUGGETS CHIPS PEAS & SALSA					

PUD SYURP SPONGE & CUSTARD					
SATURDAY 02/4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A CHICKEN KIEV HERB POTATOES SALAD					
MEAL B (V) CHEESE TOMATO RED ONION PUFFS HERB POTATOES BEANS COLESLAW					
PUD ETON MESS					
SUNDAY 03/4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A ROAST LAMB WITH ALL THE TRIMMINGS					
MEAL B (V) NUT ROAST WITH ALL THE TRIMMINGS					
PUD CRÈME CARAMEL					
MONDAY 04/4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BREAKFAST BRUNCH					
MEAL B (V) VEGGIE BREKFAST BRUNCH					
PUD FRESH FRUIT SALAD CHANTILLY CREAM					
TUESDAY 05/4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A LIVER & BACON ONION GRAVY MASH & PEAS & CARROTS					
MEAL B (V) LENTIL & SPINICH LASAGNA SALAD & GARLIC BREAD					
PUD PEAR & APPLE CRUMBLE & CUSTARD					
WEDNESDAY 06 /4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A ROAST CHICKEN ROASTED NEW POTATOES CABBAGE & CARROTS					
MEAL B (V) SPANISH OMLETTE ROASTED NEW POTATOES & PEAS					
PUD ETON MESS					
THURSDAY 07/4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A JACKET POTATOES & BOLLOGNAISE CHEESE & SALAD					
MEAL B (V) JACKET POTATOE QUORN BOLOGNAISE CHEESE & SALAD					

PUD CHOCOLATE SPONGE & CHOCOLATE CUSTARD					
FRIDAY 08/4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SCAMPI, CHIPS, PEAS, LEMON, TARTAR SAUCE					
MEAL B (V) MEDERTRAIEN VEG PUFF PASTRY TART CHIPS & PEAS					
PUD CHOCOLATE WHIP					
SATURDAY 09/4	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A GAMMON MASH & PICKELS					
MEAL B (V) CHEESE ONION & POTATO PIE SAULTE POTATOES GREEN BEANS					
PUD APRICOT SPONGE & CREAM					
SUNDAY 20/MAR	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A ROST BEEF & ALL THE TRIMMINGS					
MEAL B (V) BROCOLLI BAKE & ALL THE TRIMMINGS					
<u>PUD LEMON & VANILLA CHEESE CAKE</u>					

AFTERNOON TEA FOR ONLY £5

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 £5 a day we include:

Monday: Corned Beef with Apple Juice and Ham and Mustard crisps.

Tuesday: Ham and Cucumber with Orange Juice and Salt and Vinegar crisps.

Wednesday: SMOKED SAMON & CREAM CHEESE with Milkshake and Quavers crisps.

Thursday: Egg Mayo with Apple Juice and Cheese and Onion crisps.

Friday: PRAWN & MARIE ROSE Orange Juice and Sweet Chilli crisps.

Saturday: Cheese and Tomato with Milkshake and Lightly Salted crisps.

Sunday: Chicken Mayo with Apple Juice and Ready Salted 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