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**Menu**

**4th AUGUST 2025 – 7th SEPTEMBER 2025**

\*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.**

**\*PLEASE RETURN OUT CONTAINERS**

\*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:** ……………………………………………………………………………………………………………………….

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**Tel. No:** ……………………………………………………………………………………………………………………………….…

**Any food Allergies**: Y/N if Yes please specify ……………………………………………….

**SALAD BOXES £6**

We offer a choice of **HAM, CHEESE,** 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 4th AUGUST** | | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A – QUICHE WITH POTATOES AND SALAD** | |
| **MEAL B – VEGGIE VERSION OF ABOVE** | |
| **PUDDING** | |
| **TUESDAY 5th** | | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A – MINCE AND ONION PIE WITH SEASONAL VEG** | |
| **MEAL B – VEGGIE VERSION OF ABOVE** | |
| **PUDDING** | |
| **WEDNESDAY 6TH** | | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A – COLD CUTS WITH ALL THE TRIMMINGS** | |
| **MEAL B – VEGGIE VERSION OF ABOVE** | |
| **PUDDING** | |
| **THURSDAY 7TH** | | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A –CHICKEN WITH RICE AND SPINNACH** | |
| **MEAL B –VEGGIE VERSION OF ABOVE** | |
| **PUDDDING** | |
| **FRIDAY 8TH** | | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A – JACKET POTATO WITH TUNA MAYO AND SALAD** | |
| **MEAL B – JACKET POTATO WITH CHEESE AND BEANS** | |
| **PUDDING** | |
| **SATURDAY 9th – ONLY PACK UP MEALS DELIVERED ON FRIDAY** | | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A – SANDWICH AND PACK UP** | |
| **MEAL B – VEGGIE SANDWICH AND PACK UP** |  | |  |  |  |  | |
|  |
| **SUNDAY 10th – ONLY PACK UP MEALS DELIVERED ON FRIDAY** | **A** | | **B** | **Salad** | **Pud** | **Eve** | |
| **MEAL A –SANDWICH AND PACK UP** |
| **MEAL B – VEGGIE SANDWICH AND PACK UP** |
|  |
| **MONDAY 11TH AUGUST** | **A** | | **B** | **Salad** | **Pud** | **Eve** | |
| **MEAL A – MINCE WITH RICE AND SEASONAL VEG** |
| **MEAL B- VEGGIE OPTION OF ABOVE** |
| **PUDDING-** |
|  | **A** | | **B** | **SALAD** | **Pud** | **Eve** | |
| **TUESDAY 12TH** |
| **MEAL A- SAUSAGE, CHEESY MASH AND BEANS** |
| **MEAL B- VEGGIE OPTION OF ABOVE** |
| **PUDDING** |
| **WEDNESDAY 13th** | **A** | | **B** | **Salad** | **Pud** | **Eve** | |
| **MEAL A- COLD CUTS WITH ALL THE TRIMMINGS** |
| **MEAL B- VEGGIE WRAPS WITH ALL THE TRIMMINGS** |
| **PUDDING** |
| **THURSDAY 14th** | **A** | | **B** | **Salad** | **Pud** | **Eve** | |
| **MEAL A- CHICKEN AND MUSHROOM PIE WITH MASH AND SEASONAL VEG** |
| **MEAL B – VEGGIE VERSION OF ABOVE** |
| **PUDDDNG** |
| **FRIDAY 15th** | **A** | | **B** | **Salad** | **Pud** | **Eve** | |
| **MEAL A -PRAWN AND SPINNACH CURRY WITH NAAN BREAD AND RICE** |
| **MEAL B – VEGGIE OPTION OF ABOVE** |
| **PUDDING** |
| **SATURDAY 16th – PACK UP ONLY ( DELIVERED ON FRIDAY)** | **A** | | **B** | **Salad** | **Pud** | **Eve** | |
| **MEAL A- SANDWICH AND PACK UP** |
| **MEAL B – VEGGIE SANDWICH AND PACK UP** |
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| **SUNDAY 17th PACK UP ONLY ( DELIVERED ON FRIDAY)** | **A** | | **B** | **Salad** | **Pud** | **Eve** | |
| **MEAL A- SANDWICH AND PACK UP** |
| **MEAL B- VEGGIE SANDWICH AND PACK UP** |
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| **MONDAY 18th AUGUST** | **A** | | **B** | **Salad** | **Pud** | **Eve** | |
| **MEAL A- CORNISH PASTY WITH MASH AND BEANS** |
| **MEAL B- VEGGIE OPTION OF ABOVE** |
| **PUDDING** |
| **TUESDAY 19th** | **A** | | **B** | **Salad** | **Pud** | **Eve** | |
| **MEAL A- CHICKEN AND CHICKPEA STEW WITH RICE AND VEG** |
| **MEAL B – VEGGIE VERSION OF ABOVE** |
| **PUDDING** |
| **WEDNESDAY 20th** | **A** | | **B** | **Salad** | **Pud** | **Eve** | |
| **MEAL A- COLD CUTS WITH ALL THE TRIMMINGS** |
| **MEAL B – VEGGIE WRAPS WITH ALL THE TRIMMINGS** |
| **PUDDING** |
| **THURSDAY 21ST** | **A** | | **B** | **Salad** | **Pud** | **Eve** | |
| **MEAL A- SPAGHETTI BOLOGNESE WITH GARLIC BREAD** |
| **MEAL B- VEGGIE OPTION OF ABOVE** |
| **PUDDING** |
| **FRIDAY 22ND** | **A** | | **B** | **Salad** | **Pud** | **Eve** | |
| **MEAL A- PRAWN AND CRABSTICK SALAD WITH AVOCADO** |
| **MEAL B- VEGGIE OPTION OF ABOVE** |
| **PUDDING** |
| **SATURDAY 23RD PACK UP ONLY ( DELIVERED ON FRIDAY)** | **A** | | **B** | **Salad** | **Pud** | **Eve** | |
| **MEAL A- SANDWICH AND PACK UP** |
| **MEAL B- VEGGIE SANDWICH AND PACK UP** |
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| **SUNDAY 24th PACK UP ONLY ( DELIVERED ON FRIDAY)** | **A** | | **B** | **Salad** | **Pud** | **Eve** | |
| **MEAL A- SANDWICH AND PACK UP** |
| **MEAL B- VEGGIE SANDWICH AND PACK UP** |
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| **MONDAY 25TH AUGUST** | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A- SAUSAGE WITH MASH AND ONION GRAVY WITH ONE SEASONAL VEG** |
| **MEAL B- VEGGIE OPTION OF ABOVE** |
| **PUDDING** |
| **TUESDAY 26TH** | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A- MINCE RICE AND ONE SEASONAL VEG** |
| **MEAL B – VEGGIE VERSION OF ABOVE** |
| **PUDDING** |
| **WEDNESDAY 27TH** | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A- COLD CUTS WITH ALL THE TRIMMINGS** |
| **MEAL B – VEGGIE OPTION OF ABOVE** |
| **PUDDING** |
| **THURSDAY 28TH** | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A- QUICHE WITH SALADS** |
| **MEAL B- VEGGIE OPTION OF ABOVE** |
| **PUDDING** |
| **FRIDAY 29TH** | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A- SALMON + LEEK PIE WITH SAUTE POTATOES WITH ONE VEG** |
| **MEAL B- VEGGIE OPTION OF ABOVE** |
| **PUDDING** |
| **SATURDAY 30TH PACK UP ONLY ( DELIVERED ON FRIDAY)** | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A- SANDWICH AND PACK UP** |
| **MEAL B- VEGGIE SANDWICH AND PACK UP** |
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| **SUNDAY 31ST PACK UP ONLY ( DELIVERED ON FRIDAY)** | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A- SANDWICH AND PACK UP** |
| **MEAL B- VEGGIE SANDWICH AND PACK UP** |
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| **MONDAY 1ST SEPTEMBER** | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A- SWEET AND SOUR PORK WITH RICE AND VEG** |
| **MEAL B- VEGGIE OPTION OF ABOVE** |
| **PUDDING** |
| **TUESDAY 2ND** | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A- LASAGNA WITH SALAD AND GARLIC BREAD** |
| **MEAL B – VEGGIE VERSION OF ABOVE** |
| **PUDDING** |
| **WEDNESDAY 3RD** | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A- COLD CUTS WITH ALL THE TRIMMINGS** |
| **MEAL B – VEGGIE OPTION OF ABOVE** |
| **PUDDING** |
| **THURSDAY 4TH** | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A- SAUSAGE BEANS AND CHEESY MASH** |
| **MEAL B- VEGGIE OPTION OF ABOVE** |
| **PUDDING** |
| **FRIDAY 5TH** | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A- FISH PIE WITH 2 SEASONAL VEG** |
| **MEAL B- VEGGIE OPTION OF ABOVE** |
| **PUDDING** |
| **SATURDAY 6TH PACK UP ONLY ( DELIVERED ON FRIDAY)** | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A- SANDWICH AND PACK UP** |
| **MEAL B- VEGGIE SANDWICH AND PACK UP** |
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| **SUNDAY 7TH PACK UP ONLY ( DELIVERED ON FRIDAY)** | **A** | **B** | **Salad** | **Pud** | **Eve** |
| **MEAL A- SANDWICH AND PACK UP** |
| **MEAL B- VEGGIE SANDWICH AND PACK UP** |
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**AFTERNOON TEA**

**Fridge ready!**

**We deliver at the same time as your hot meal delivery,**

**Sandwiches, fresh fruit and cake/biscuits**

**A sandwich and chips on a plate

Description automatically generatedHAM OR CHEESE SANDWICHES**

**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.

Age UK Thanet