

'Buddy Box' Meal Delivery Service

Dates: 24/6/2024 until 21/7/2024

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 24/6	<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 CRÈME CARAMEL					
TUESDAY 25/6	<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 CHOCOLATE & BANANA CAKE					
WEDNESDAY 26/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A QUICHE WITH BACON & NEW POTS AND BEANS & TOMS					
MEAL B QUICHE WITH CHEESE & NEW POTS AND BEANS & TOMS					
PUD ETON MESS					
THURSDAY 27/6	<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 FRESH FRUIT SALAD & CREAM					
FRIDAY 28/6	<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 CRUMBLE AND CUSTARD					
SATURDAY 29/6	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A LEMON AND THYME CHICKEN WITH HERBY POTS AND VEG					
MEAL B MAC AND CHEESE WITH HERBY POTS AND VEG					
PUD BLUEBERRY CAKE					
SUNDAY 30/6	<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 1/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SAUSAGE PLAIT WITH SAUTE AND BEANS & TOMS					
MEAL B VEGGIE PLAIT WITH SAUTE AND BEANS & TOMS					
PUD CHEESECAKE					
TUESDAY 2/7	<u>A</u>	<u>B</u>	<u>SALAD</u> <u>D</u>	<u>Pud</u>	<u>Eve</u>
MEAL A MINCE BEEF HOTPOT WITH VEG					
MEAL B VEGGIE HOTPOT WITH VEG					
PUD CARROT CAKE					
WEDNESDAY 3/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A HUNTER CHICKEN WITH HERBY POTS AND SALAD					
MEAL B MAC AND CHEESE WITH HERBY POTS AND SALAD					
PUD YOGHURT AND FRUIT					
THURSDAY 4/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BEEF STEW WITH NEW POTS AND VEG					
MEAL B VEGGIE STEW WITH NEW POTS AND VEG					
PUD RETRO SPONGE					
FRIDAY 5/7	<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 BLONDIE					
SATURDAY 6/7	<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 PEACHES AND CREAM					
SUNDAY 7/7	<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 8/7	<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 PINEAPPLE AND SULTANA CAKE					
TUESDAY 9/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A OMLETTE WITH HAM & HERBY POTS AND BEANS & TOM					
MEAL B OMLETTE WITH CHEESE & HERBY POTS AND BEANS & TOM					
PUD PEARS IN CHOCOLATE SAUCE					
WEDNESDAY 10/7	<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 COFFEE CAKE					
THURSDAY 11/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A PORK STEAK IN LEEK SAUCE WITH NEW POTS AND VEG					
MEAL B VEGGIE IN LEEK SAUCE WITH NEW POTS AND VEG					
PUD PEACHES AND CREAM					
FRIDAY 12/7	<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 CRUMBLE AND CUSTARD					
SATURDAY 13/7	<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 LEMON DRIZZLE CAKE					
SUNDAY 14/7	<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 15/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A MILD CHILLI WITH HERBY POTS AND SALAD					
MEAL B VEGGIE MILD CHILLI WITH HERBY POTS AND SALAD					
PUD FRESH FRUIT SALAD & CREAM					
TUESDAY 16/7	<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 CHEESECAKE					
WEDNESDAY 17/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A HUNTER CHICKEN WITH NEW POTS AND VEG					
MEAL B MAC AND CHEESE WITH NEW POTS AND VEG					
PUD UPSIDE DOWN PINEAPPLE CAKE					
THURSDAY 18/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A BACON AND CHEESE PUFFS WITH CURLY FRIES WITH SALAD					
MEAL B TOMATO AND CHEESE PUFFS WITH CURLY FRIES WITH SALAD					
PUD ETON MESS					
FRIDAY 19/7	<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 PEACHES AND CREAM					
SATURDAY 20/7	<u>A</u>	<u>B</u>	<u>Salad</u>	<u>Pud</u>	<u>Eve</u>
MEAL A SAUSAGE & BACON RUSTIC HOTPOT WITH VEG					
MEAL B VEGGIE SAUSAGE RUSTIC HOTPOT WITH VEG					
PUD CHERRY AND ALMOND SPONGE					
SUNDAY 21/7	<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					

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.