

**THURSDAY LUNCH CLUB**  
**NEWS SHEET 200 (Now in our 18th year)**  
**31<sup>st</sup> December 2020**  
**EVERYTHING HAS CHANGED!**

## **Hello Dear Friends**

We hope you had a good Christmas even though the introduction of Tier 4 in Bexley changed many of the plans you might have had to go away or be with family and friends. As many of our regular 'Lunch Club Delivery Service' participants were affected it was good that many took the traditional Christmas Turkey Dinner and Mince Pie from us on Christmas Eve. Let us hope 2021 will be a better year and bring us health, peace and joy.

## **Hygiene & safety precautions**

All of our meals are prepared and cooked strictly in adherence to statutory standards and are boxed and refrigerated immediately prior to delivery. Generally, the two main elements of the boxed meals are bagged, named and loaded into a car and taken to Geddes Place car park where they are handed to each volunteer for distribution. Should the weather be very warm the meals will be transported in cooled freezer boxes/bags.

On receipt of the meals they should either be heated and consumed immediately or if to be eaten later put into your fridge at an appropriate cool temperature, for a maximum of 72 hours, otherwise it must be thrown away! As the meals are cooked, but delivered cold, it is necessary to heat them thoroughly before they are consumed. The box containers are very suitable for microwave heating at a high output setting for the main course for between 4 to 5 minutes and you need to ensure the food is piping hot. The puddings can also be microwaved, but 1.5 to 2 minutes is the guide time. Otherwise, the food can be plated from the container boxes and oven heated until it is piping hot all through.

Please be aware that like everything in life, there is a risk involved in this service, both to you, as the consumer, and us as the provider. We believe we have done everything we can to ensure your health and safety, but you do take the food on trust and at your own risk.

As the meals can be kept **safely in the fridge for three days**, you might well like to **order all three meals** to use on successive days. Perhaps you might like to take two meals at a time. Call **John** on **01474 822088** or **07731170253** to place your orders, by the Monday evening before each Thursday to ensure your choice. Let us know if you have an email address, respond to [janda.prestage@talktalk.net](mailto:janda.prestage@talktalk.net) to advise us.

Please turn over!

## **WHAT'S ON THE MENU? Four weeks ahead!**

Thursday 7<sup>th</sup> January 2021    Chicken Casserole or Fish Cakes or Cottage Pie – Jam Tart or Chocolate Sponge or Syrup Sponge.

Thursday 14<sup>th</sup> January 2021    Steak & Kidney Pie or Roast Chicken or Battered Fish – Apple & Blackberry Crumble or Bread Pudding or Cherry Sponge.

Thursday 21<sup>st</sup> January 2021    Liver & Bacon or Fish Pie or Sausages & Onion – Trifle or Rice Pudding or Lemon Sponge.

Thursday 28<sup>th</sup> January 2021    Steak Pie or Pork Loin Chop or Lasagne – Jam Sponge or Stewed Apples or Bakewell Tart.

## **CHRISTIAN AID RAFFLE**

Thank you to those friends who bought strips of raffle tickets for the support of funds for the essential work of Christian Aid.

The winner of the lovely glass bowl with battery operating light feature is Margaret Lapidge, lucky strip Nos 21 to 25 and the consolation 2<sup>nd</sup> prize of the box of special biscuits is John Jones, Lucky strip Nos 6 to 10. Thank you to all who bought tickets without success, but with generous donations included we raised £73.00 for Christian Aid. We will be delivering the prizes with the meal deliveries today.

## **MORE GOODIES?**

The '**Afternoon Cream Teas**' for £4 are becoming a regular with a number of our folk. This is again **packaged** for delivery on Thursdays between 11.00am and 1.00pm to go in your fridge. Just give your order for these when you give us your choices for the main meals.

You can also have a packet of six different flavour **Homemade Biscuits** for £3.00, these are a bit special and just the thing to have with your morning tea or coffee. Again, order these with your main meals.

## **REQUEST**

Please keep your 1lb jam and marmalade jars for us! Over many years Ann & John P have made and sold at Lunch Club, orange and lemon marmalade. Their supply of clean jars with lids has dried up due to the coronavirus lockdowns. Can you help – we will collect.

Also, why not buy a jar or two from us at £1.50 a jar, with all proceeds going to Christian Aid funds.

Please feel free to tell your relatives and friends about our meal delivery arrangement as we will be delighted to extend the service to anyone who might find it a valuable advantage.