

THURSDAY LUNCH CLUB  
NEWS SHEET 200 (Now in our 18th year)  
25<sup>th</sup> February 2021

**EVERYTHING HAS CHANGED - YET!**

**Hello Dear Friends**

Following the Governments announcement of it's Road Map for easing of the coronavirus restrictions, it looks as if we might be able to regather at Geddes Place to enjoy lunches and social company from June 21<sup>st</sup> 2021, but keep your fingers crossed as we thought that back in October 2020 as well! However, 'the now' is as important and certainly for the next 3 – 4 months we will be continuing the boxed meal delivery service, so keep ordering and ensure that the demand makes it all a viable initiative. Again, looking forward, we will not be forgetting our good friends who cannot get out and who have come to rely on the Lunch Club delivery service. No plans yet on how we will do it, but rest assured you will not be forgotten and an arrangement will be put in place.

**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 afternoon 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.

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

Thursday 4<sup>th</sup> March 2021 Chicken Curry or Sausage and Ham Flan or Beef Casserole – Gooseberry Cobbler or Peach Sponge or Chocolate Chip Sponge.

Thursday 11<sup>th</sup> March 2021 Chilli Con Carne or Fish Pie or Chicken Pie – Date Sponge or Trifle or Jam Roly-Poly.

Thursday 18<sup>th</sup> March 2021 Bacon & Onion Pudding or Battered Fish or Lasagne – Apricot Sponge or Syrup Sponge or Apple Cobbler.

Thursday 25<sup>th</sup> March 2021 Meat Balls or Boiled Ham or Sausage and Onions – Lemon Sponge or Coffee Sponge or Apple & Blackberry Crumble.

### **ORDERING IN ADVANCE!**

Now that we are quite well established and the procedures have been refined since last October, the best help you can give us is to place your order in advance for the month. This benefits us in that we can plan to provide the correct number of each meal/dishes and it gives a better chance that you will get what you select!

### **MORE GOODIES?**

Since their introduction a few weeks ago, the provision of a variety of **Homemade Loaf Cakes** has become an essential part of many of your orders. At £3.00 each, or incredibly, two for £5.00! Just ring John on 01474822088 or 07731170253 and he will tell you the flavours that Kimberley has currently baked or will be baking. As of today, there are seven different types on offer, that can't be bad can it!!

The '**Afternoon Cream Teas**' for £4 are a regular treat 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. You can order these when you confirm your selection of the main meals.

Also, why not buy a jar or two of Orange or Lemon Marmalade from us at £1.50 a jar, with all proceeds of these sales going to Christian Aid funds.

### **WE CAN HELP MORE PEOPLE WITH OUR DELIVERY SERVICE!**

Please feel free to tell your relatives, friends or anyone else about our meal delivery arrangement, as we will be delighted to extend the service to people who might find it helpful to them, as you have confirmed it is to you!