



Loose Ends Lunch – Home Delivery

The Balsam Centre is sadly not able to run their Tuesday café, Loose Ends. But the volunteers are missing the cooking, so **we are going to run a lunch delivery service on a Tuesday** instead! It starts Tuesday 20th October.

Lunch will be a main course and a dessert and will cost £4 including delivery for anyone over 60. The main course will be a choice of a meat or a meat-free course.

The menus are in 4-week blocks and you will need to book 4 weeks at a time. You don't have to have it every week but just mark which weeks in the 4 week block you do want. If you come in part way through the 4 weeks, then you can book and pay for the remaining weeks. **Please book by Monday 12 noon for lunch on Tuesday.**

Payment can be made either by cheque, payable to WCV or Wincanton Community Venture, and handed in or sent to The Balsam Centre, Balsam Park, Wincanton, BA9 9HB.

Or you can pay via BACS transfer online. Your reference should be "Loose Ends".

Wincanton Community Venture, CAF Bank Ltd. Sort code 40-52-40, account number 00014504.

On the reverse of this flyer, you will find the allergens list and the menus.

You will need to check the allergens list to let us know which foods you are allergic to. The food will come with a label which states which allergens are in the meal but we cannot guarantee that there won't be traces of other allergens, so if you are highly allergic to any foods, we recommend that you don't order.

PLEASE DON'T FORGET TO:

- Tick the allergens you are allergic to or the "no allergies" box.
- Complete the name and address section – we need to know who and where to deliver to!
- Tick the main course menu options you require
- Sign to say the details are correct and you understand there could be traces of allergens in the food.

Date:			
Name		Address	
		Postcode:	
PAYMENT MADE VIA (please select)			
Date paid:	Cash	Bank transfer	Cheque

PLEASE TURN OVER TO SEE THE MENU, BOOK WEEKS AND COMPLETE THE ALLERGENS

Menus for 4-week block A			
Date	Meat / Fish	Vegetarian	Dessert
20th October	Fish Pie with peas	Veggie Chilli and jacket potato	Raspberry Bakewell cake
			✓
27th October	Dopiaza Chicken Curry – mild – and rice	Spinach and Feta Filo pie with new potatoes and carrots	Dorset Apple Cake
			✓
3rd November	Steak and Kidney Pie, roast potatoes and carrots	Macaroni Cheese with green beans	Chocolate Brownies
			✓
10th November	Moroccan Lamb and couscous	Lentil Cottage Pie and green cabbage	Lemon Drizzle slices
			✓

Are you allergic to any foods? Please tick y/n		YES:	NO:
If yes, please tick which of the following you are allergic to.			
Celery	Crustaceans – crab, lobster, prawns, etc	Eggs	
Fish	Lupin	Milk	
Molluscs – mussels and oysters	Mustard	Sesame seeds	
Soya	Sulphur dioxides and sulphites	Peanuts	
Nuts – which ones?			
Glutens – which ones?			

I confirm that I have completed all sections and understand that the food may contain traces of allergens. Signed.....