

The Deal Centre, & The Marigold Centre, Folkestone

Visit our website at ageuk.org.uk/southkentcoast
Please make cheques payable to Age UK South Kent Coast

	Main Meal	Desserts
Sun 22.03.2026	Roast chicken	Tiramisu
Mon 23.03.2026	Lamb & rosemary pie Or BBQ sausage bake	Bread & butter pudding & custard
Tue 24.03.26	Cod in parsley sauce Or Toad in the hole	Lemon roulade
Wed 25.03.2026	Roast pork	Cherry & almond sponge & custard
Thurs 26.03.2026	Beef stroganoff Or Chicken, bacon lattice pie	Raspberry meringue
Fri 27.03.2026	Hotpot Or Bolognaise bake	Pear & ginger crumble & custard
Extra meal to be delivered Friday for Saturday	Tuna mayo salad	Cherry cheesecake

All food is prepared in kitchens where nuts, gluten and other allergies could be present and our menu descriptions cannot include all ingredients. If you have a food allergy please let us know before ordering. Full allergen information is available. (V) suitable for vegetarians or vegetarian option available. Dishes with fish and chicken may contain bones.

-----Tear off-----

Please give your order to the driver or ring 01304 372608. Please delete meals you do not wish to receive next week

Name..... **22.03.2026**

Please return this half to the centre by Wednesday each week

Days	Lunch	Requests	
Sun	Roast chicken		
Mon Please delete one	Lamb & rosemary pie Or BBQ sausage bake		
Tue Please delete one	Cod in parsley sauce Or Toad in the hole		
Wed	Roast pork		
Thurs Please delete one	Beef stroganoff Or Chicken, bacon lattice pie		
Fri Please delete one	Hotpot Or Bolognaise bake		
Extra meal to be delivered Friday for Saturday	Tuna mayo salad Cherry cheesecake	YES	NO