



Head Office:  
The Deal Centre  
3 Park Street  
Deal  
Kent CT14 6AG  
Tel: 01304 372608  
cateringdeal@ageukskc.org.uk

## The Deal Centre, & The Marigold Centre, Folkestone

Visit our website at [ageuk.org.uk/southkentcoast](http://ageuk.org.uk/southkentcoast)

Please make cheques payable to Age UK South Kent Coast

	Main Meal	Desserts
Sun 19.4.2026	Roast gammon	Syrup sponge & custard
Mon 20.4.2026	Cod au gratin Or Sausage casserole	Jelly fruit & cream
Tue 21.4..2026	Roast beef	Banoffee Pie
Wed 22.4..2026	Chicken & mushroom pie Or Jacket potato cheese & beans	Plum crumble & custard
Thurs 23.4..2026	Pork casserole & herby dumplings Or Chicken & ham carbonara	Apple pie & custard
Fri 24.4.2026	Cottage pie Or Battered cod, chips & mushy peas	Pineapple upside-down cake & custard
<b>Extra meal to be delivered Friday for Saturday</b>	Ham & egg salad	Profiteroles

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..... **19.04.2026**

**Please return this half to the centre by Wednesday each week**

Days	Lunch	Requests	
Sun	Roast gammon		
Mon <b>Please delete one</b>	Cod au gratin Or Sausage casserole		
Tue	Roast beef		
Wed <b>Please delete one</b>	Chicken & mushroom pie Or Jacket potato cheese & beans		
Thurs <b>Please delete one</b>	Pork casserole & herby dumplings Or Chicken & ham carbonara		
Fri <b>Please delete one</b>	Cottage pie Or Battered cod, chips & mushy peas		
<b>Extra meal to be delivered Friday for Saturday</b>	Ham & egg salad	YES	NO

Chairman: Mr B Flavell      Treasurer: Mr H Barker      Chief Officer: Mrs D Barry  
Head Office: The Deal Centre, 3 Park Street, Deal, Kent, CT14 6AG. Telephone 01304 372608  
The Marigold Centre, 65 Shaftsbury Avenue, Folkestone, Kent, CT19 6NS. Telephone 01303 279031  
We are a Charitable Incorporated Organisation. Registered Charity No. 1187363

