

## The Deal Centre, Deal & 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	Dessert
<b>Mon 16.03.26</b>	<b>Cottage Pie</b>	<b>Treacle sponge with custard</b>
<b>Tue 17.03.26</b>	<b>Roast gammon</b>	<b>Apple Pie with custard</b>
<b>Wed 18.03.26</b>	<b>Chicken casserole</b>	<b>Rice Pudding</b>
<b>Thurs 19.03.26</b>	<b>Liver &amp; bacon</b>	<b>Apricot crumble with custard</b>
<b>Fri 20.03.26</b>	<b>Fish cake <b>Or</b> Beef salad</b>	<b>Profiteroles</b>
<b>Sat 21.03.26</b>	<b>Ham salad (Delivered on Fri 20.03)</b>	<b>Fruit with cream</b>

All food is prepared in kitchens where nuts, gluten and other allergens could be present. Our menu descriptions cannot include all ingredients; if you have a food allergy, please let us know before ordering. Full allergen information is available. Dishes with chicken or fish may contain bones.

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Please delete all meals you do not wish to receive and return your order to the driver or phone 01303 279621.

Name----- 16.03.26

**Please return this half to the centre by **Tues 10 March****

Day	Lunch	Requests
<b>Mon 16.03.26</b>	<b>Cottage pie</b>	
<b>Tue 17.03.26</b>	<b>Roast gammon</b>	
<b>Wed 18.03.26</b>	<b>Chicken casserole</b>	
<b>Thurs 19.03.26</b>	<b>Liver &amp; bacon</b>	
<b>Fri 20.03.26</b>	<b>Fish cake <b>Or</b> Beef salad</b>	
<b>Sat 21.03.26</b>	<b>Ham salad (Delivered on Fri 20.03)</b>	

A sandwich menu is available on request. Only £1.50 when you order a lunch!

Chairman: Mr B Flavell    Treasurer: Mr I Ward    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

