

The Deal Centre, Deal & The Marigold Centre, Folkestone

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

	Main Meal	Dessert
Mon 23.03.26	Roast chicken	Lemon sponge with custard
Tue 24.03.26	Sausage mash & baked beans	Gateau
Wed 25.03.26	Chicken casserole	Chocolate sponge with custard
Thurs 26.03.26	Beef stew with dumpling	Apple crumble with custard
Fri 27.03.26	Battered fish Or Chicken salad	Trifle
Sat 28.03.26	Egg & cheese salad (Delivered on Fri 27.03)	Fruit cake

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----- 23.03.26

Please return this half to the centre by **Tues 17 March**

Day	Lunch	Requests
Mon 23.03.26	Roast chicken	
Tue 24.03.26	Sausage mash & baked beans	
Wed 25.03.26	Chicken casserole	
Thurs 26.03.26	Beef stew with dumpling	
Fri 27.03.26	Battered fish Or Chicken salad	
Sat 28.03.26	Egg & cheese salad (Delivered on Fri 27.03)	

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

