

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

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

	Main Meal	Desserts
Sun 11.10.2026	Roast gammon	Syrup sponge & custard
Mon 12.10..2026	Cumberland pie Or Sausage casserole	Jelly fruit & cream
Tue 13.10..2026	Roast beef	Banoffee Pie
Wed 14.10.2026	Chicken & mushroom pie Or Jacket potato cheese & beans	Plum crumble & custard
Thurs 15.10.2026	Pork casserole & herby dumplings Or Chicken & ham carbonara	Apple pie & custard
Fri 16.10 .2026	Lasagne Or Battered cod, chips & mushy peas	Lemon sponge & custard
<u>Extra meal to be delivered Friday for Saturday</u>	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..... **11.10.2026**

Please return this half to the centre by Wednesday each week

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