

## 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

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

	Main Meal	Desserts
Sat 14.05.2022	Liver & Bacon Or Gammon & Leek Bake	Marble sponge & custard
Sun 15.05.2022	Roast Beef	Apricot crumble & custard
Mon 16.05.2022	Pork casserole & herby dumpling Or Chicken stir -fry	Raspberry meringue
Tue 17.05.2022	Roast Pork	Spotted dick & custard
Wed 18.05.2022	Toad in the hole Or Quiche salad	Gateau
Thurs 19.05.2022	Roast chicken	Rhubarb crumble & custard
Fri 20.05.2022	Cottage pie Or Chicken enchilada	Cherry sponge & custard

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..... **14.05.2022**

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

Days	Lunch	Requests
Sat	Liver & Bacon Or Gammon & Leek Bake	
Sun	Roast Beef	
Mon <b>Please delete one</b>	Pork casserole & herby dumpling Or Chicken stir -fry	
Tue	Roast Pork	
Wed <b>Please delete one</b>	Toad in the hole Or Quiche salad	
Thurs	Roast chicken	
Fri <b>Please delete one</b>	Cottage pie Or Chicken enchilada	