

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
Sun 19.07.2026	Roast pork	Spotted dick & custard
Mon 20.07.2026	Fish pie Or Gammon & pineapple	Black cherry slice & custard
Tue 21.07.2026	Hunters chicken Or Mince beef cobbler	Strawberries & cream
Wed 22.07.2026	Roast turkey	Rice pudding & peaches
Thurs 23.07.2026	Steak & ale pie Or Sweet & sour pork	Strawberry cheesecake
Fri 24.07.2026	Chicken chasseur Or Sausage meat plait	Jam & coconut sponge & custard
Extra meal to be delivered Friday for Saturday	Sausagemeat plait and salad	Cherry pie & cream

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..... **19.07.2026**

Please return this half to the centre by Wednesday each week

	Lunch	Requests	
Sun	Roast pork		
Mon Please delete one	Fish pie Or Gammon & pineapple		
Tue Please delete one	Hunters chicken Or Mince beef cobbler		
Wed	Roast Turkey		
Thurs Please delete one	Steak & ale pie Or Sweet & sour pork		
Fri Please delete one	Chicken chasseur Or Sausage meat plait		
Extra meal to be delivered Friday for Saturday	Sausagemeat plait and salad Cherry pie & cream	YES	NO