

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

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

	Main Meal	Dessert
Sun 20.09.2026	Roast beef	Lemon shortbread & cream
Mon 21.09.2026	Cottage pie Or Cod in parsley sauce	Apricot crumble & custard
Tue 22.09.2026	Chicken curry Or Sausage mash & onion gravy	Chocolate sponge & chocolate sauce
Wed 23.09.2026	Pork chop in apple & cider sauce Or Quiche, & salad	Stewed fruit & custard
Thurs 24.09.2026	Roast chicken	Eton Mess
Fri 25.09.2026	Steak & mushroom pie Or Scampi, chips & peas	Apple caramel, pecan pie & custard
<u>Extra meal to be delivered Friday for Saturday</u>	Pork pie salad	Lemon Tart

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.....**20.09.2026**

Please return this half to the centre by Wednesday each week

	Lunch	Requests	
Sun	Roast beef		
Mon Please delete one	Cottage pie Or Cod in parsley sauce		
Tue Please delete one	Chicken curry Or Sausage mash & onion gravy		
Wed Please delete one	Pork chop in apple & cider sauce Or Quiche, potatoes & vegetables		
Thurs	Roast chicken		
Fri Please delete one	Steak & mushroom pie Or Scampi, chips & peas		
<u>Extra meal to be delivered Friday for Saturday</u>	Pork pie salad Lemon Tart	YES	NO

Chairman: Mr B Flavell Treasurer: Mr H Barker 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 2
We are a Charitable Incorporated Organisation. Registered Charity No. 1187363

