



## 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	Dessert
Sat 21.5.22	Sausage meat plait Or Scampi	Gingerbread & custard
Sun 22.5.22	Roast Turkey	Apple & raspberry shortbread & cream
Mon 23.5.22	Beef stew & dumplings Or Fishcake	Apple & blackberry crumble & custard
Tue 24.5.22	Chicken curry Or Sausage mash & onion gravy	Jelly fruit & cream
Wed 25.5.22	Roast beef	Chocolate sponge & chocolate sauce
Thurs 26.5.22	Cod in parsley sauce Or Cheese potato pie	Bread & butter pudding & custard
Fri 27.5.22	Chicken & leek pie Or Sweet & sour pork & rice	Lemon meringue pie

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 delete meals you do not wish to receive next week**

Name..... **21.05.2022**

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

Day	Lunch	Request
Sat <b>Please delete one</b>	Sausage meat plait Or Scampi	
Sun	Roast Turkey	
Mon <b>Please delete one</b>	Beef stew & dumplings Or Fishcake	
Tue <b>Please delete one</b>	Chicken curry Or Sausage mash & onion gravy	
Wed	Roast beef	
Thurs <b>Please delete one</b>	Cod in parsley sauce Or Cheese potato pie	
Fri <b>Please delete one</b>	Chicken & leek pie Or Sweet & sour pork & rice	

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**

