



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 26.07.2026 | Roast beef | Apple & blackberry crumble & custard |
| Mon 27.07.2026 | Liver & bacon Or Sausage, egg & bacon flan | Rum & raisin sponge & custard |
| Tue 28.07.2026 | Beef stew & dumpling Or Fishcake | Bakewell tart & custard |
| Wed 29.07.2026 | Roast pork | Gateau |
| Thurs 30.07.2026 | Mince beef & onion pie Or Chicken stir-fry | Jam roly-poly & custard |
| Fri 31.07.2026 | Smoked haddock Or Gammon & leek bake | Mandarin & lemon tart |
| <u>Extra meal to be delivered Friday for Saturday</u> | Quiche salad | Chocolate orange slice |

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.....**26.07.2026**

Please return this half to the centre by Wednesday each Week

| Day | Lunch | Requests | |
|--|--|----------|----|
| Sun | Roast beef | | |
| Mon Please delete one | Liver & bacon Or Sausage, egg & bacon flan | | |
| Tue Please delete one | Beef stew & dumpling Or Fishcake | | |
| Wed | Roast pork | | |
| Thurs Please delete one | Mince beef & onion pie Or Chicken stir-fry | | |
| Fri Please delete one | Smoked haddock Or Gammon & leek bake | | |
| <u>Extra meal to be delivered Friday for Saturday</u> | Quiche salad & Chocolate orange slice | 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 279031
We are a Charitable Incorporated Organisation. Registered Charity No. 1187363

