

The Deal Centre, & The Marigold Centre, Folkestone

Visit our website at ageuk.org.uk/southkentcoast

Please make cheques payable to Age UK South Kent Coast

	Main Meal	Desserts
Sun 28.06.2026	Roast gammon	Syrup sponge & custard
Mon 29.06..2026	Cod au gratin Or Sausage casserole	Jelly fruit & cream
Tue 30.06..2026	Roast beef	Banoffee Pie
Wed 01.07.2026	Chicken & mushroom pie Or Jacket potato cheese & beans	Plum crumble & custard
Thurs 02.07..2026	Pork casserole & herby dumplings Or Chicken & ham carbonara	Apple pie & custard
Fri 03.07.2026	Cottage pie Or Battered cod, chips & mushy peas	Lemon sponge & custard
Extra meal to be delivered Friday for Saturday	Ham & egg salad	Profiteroles

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.....**28.06.2026**

Please return this half to the centre by Wednesday each week

Days	Lunch	Requests	
Sun	Roast gammon		
Mon Please delete one	Cod au gratin Or Sausage casserole		
Tue	Roast beef		
Wed Please delete one	Chicken & mushroom pie Or Jacket potato cheese & beans		
Thurs Please delete one	Pork casserole & herby dumplings Or Chicken & ham carbonara		
Fri Please delete one	Cottage pie Or Battered cod, chips & mushy peas		
Extra meal to be delivered Friday for Saturday	Ham & egg salad and profiteroles	YES	NO