Head Office:
The Deal Centre
3 Park Street
Deal
Kent CT14 6AG
Tel: 01304 37260
mds@ageukskc.org.uk
cateringdeal@ageukskc.org.uk

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 08.11.2026	Roast beef	Apple & blackberry crumble & custard
Mon 09.11.2026	Liver & bacon Or Sausage, egg & bacon flan	Rum & raisin sponge & custard
Tue 10.11.2026	Beef stew & dumpling Or Cod au Gratin	Bakewell tart & custard
Wed 11.11.2026	Roast pork	Gateau
Thurs 12.11.2026	Mince beef & onion pie Or Chicken stir-fry	Jam roly-poly & custard
Fri 13.11.2026	Smoked haddock Or Hunters Chicken	Mandarin & lemon tart
Extra meal to be delivered Friday for Saturday	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.....**08.11.2026**

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 Cod au Gratin		
Wed	Roast pork		
Thurs **Please delete one**	Mince beef & onion pie Or Chicken stir-fry		
Fri **Please delete one**	Smoked haddock Or Hunters Chicken		
Extra meal to be delivered Friday for Saturday	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