

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
Mon 10.08.26	Roast beef	Cheesecake
Tue 11.08.26	Sausage & bacon quiche	Sultana sponge with custard
Wed 12.08.26	Chicken casserole	Plum crumble with custard
Thurs 13.08.26	Beef Stroganoff	Treacle sponge with custard
Fri 14.08.26	Fish in parsley sauce Or Beef salad	Jam tart
Sat 15.08.26	Or Pork pie salad (Delivered on Fri 14.08)	Fruit Cake

All food is prepared in kitchens where nuts, gluten and other allergens could be present. Our menu descriptions cannot include all ingredients; if you have a food allergy, please let us know before ordering. Full allergen information is available. Dishes with chicken or fish may contain bones.

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Please delete all meals you do not wish to receive and return your order to the driver or phone 01303 279621.

Name----- 10.08.26

Please return this half to the centre by Mon 03 July

Day	Lunch	Requests
Mon 10.08.26	Roast beef	
Tue 11.08.26	Sausage & bacon quiche	
Wed 12.08.26	Chicken casserole	
Thurs 13.08.26	Beef Stroganoff	
Fri 14.08.26	Fish in parsley sauce Or Beef salad	
Sat 15.08.26	Pork pie salad (Delivered on Fri 14.08)	

A sandwich menu is available on request. Only £1.50 when you order a lunch!

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

