

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 11.05.26	Beef Bourguignon	Lemon cheesecake
Tue 12.05.26	Chicken hot pot	Rice pudding
Wed 13.05.26	Pork casserole	Orange sponge with custard
Thurs 14.05.26	Roast beef	Chocolate whip with pears
Fri 15.05.26	Fish cake Or Beef salad	Apricot crumble with cream
Sat 16.05.26	Quiche salad (Delivered on Fri 15.05)	Fruit with cream

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.

-----Cut here-----

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

Name----- 11.05.26

Please return this half to the centre by Tues 05 May

Day	Lunch	Requests
Mon 11.05.26	Beef Bourguignon	
Tue 12.05.26	Chicken hot pot	
Wed 13.05.26	Pork casserole	
Thurs 14.05.26	Roast beef	
Fri 15.05.26	Fish cake Or Beef salad	
Sat 16.05.26	Quiche salad (Delivered on Fri 15.05)	

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

