

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 12.1.26	Mince & onion pie	Cherry sponge with custard
Tue 13.10.26	Pork hot pot	Meringue with fruit & cream
Wed 14.10.26	Roast chicken	Apple pie with custard
Thurs 15.10.26	Liver & bacon casserole	Pineapple sponge with custard
Fri 16.10.26	Battered fish Or Corned beef salad	Jelly with fruit
Sat 17.10.26	Tuna salad (Delivered on Fri 16.10)	Bakewell tart

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----- 12.10.26

Please return this half to the centre by Wed 05.10 Oct

Day	Lunch	Requests
Mon 12.10.26	Mince & onion pie	
Tue 13.10.26	Pork hot pot	
Wed 14.10.26	Roast chicken	
Thurs 15.10.26	Liver & bacon casserole	
Fri 16.10.26	Battered fish Or Corned beef salad	
Sat 17.10.26	Tuna salad (Delivered on Fri 16.10)	

A sandwich menu is available on request. Only £2.00 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

