

## The Deal Centre, Deal & The Marigold Centre, Folkestone

Visit our website at [ageuk.org.uk/southkentcoast](http://ageuk.org.uk/southkentcoast)  
Please make cheques payable to Age UK South Kent Coast

	Main Meal	Dessert
<b>Sat 14.05.22</b>	<b>Meat balls in gravy</b>	<b>Cranberry sponge with custard</b>
<b>Sun 15.05.22</b>	<b>Roast pork</b>	<b>Jam Tart with custard</b>
<b>Mon 16.05.22</b>	<b>Beef stew and dumpling or Ham &amp; Egg Salad</b>	<b>Apricot Crumble with Custard</b>
<b>Tue 17.05.22</b>	<b>Roast Chicken</b>	<b>Sultana Sponge with Custard</b>
<b>Wed 18.05.22</b>	<b>Steak &amp; Veg pie or Chicken salad</b>	<b>Profiteroles</b>
<b>Thurs 19.05.22</b>	<b>Roast Gammon</b>	<b>Chocolate sponge with Custard</b>
<b>Fri 20.05.22</b>	<b>Fish Cake Bacon Quiche salad</b>	<b>Spotted Dick with Custard</b>

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----- 14.05.2022

Please return this half to the centre by **Wednesday 11th May**

Day	Lunch	Requests
<b>Sat 14.05.22</b>	<b>Meat balls in gravy</b>	
<b>Sun 15.05.22</b>	<b>Roast Pork</b>	
<b>Mon 16.05.22</b>	<b>Beef stew and dumpling or Ham &amp; Egg Salad</b>	
<b>Tue 17.05.22</b>	<b>Roast Chicken</b>	
<b>Wed 18.05.22</b>	<b>Steak &amp; Veg pie or Chicken salad</b>	
<b>Thurs 19.05.22</b>	<b>Roast Gammon</b>	
<b>Fri 20.05.22</b>	<b>Fish Cake or Bacon Quiche salad</b>	

A sandwich menu is available on request. Only £1 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

