

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 17.08.26	Cottage pie	Apple crumble with cream
Tue 18.08.26	Sausage Mash & baked beans	Chocolate sponge with custard
Wed 19.08.26	Pork casserole	Strawberry Whip with fruit
Thurs 20.08.26	Roast chicken	Cherry sponge with custard
Fri 21.08.26	Fish cake <u>Or</u> Egg & cheese salad	Jelly with fruit
Sat 22.08.26	<u>Or</u> Chicken salad (Delivered on Fri 21.08)	Fruit Flan

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----- 17.08.26

Please return this half to the centre by Mon 10th Aug

Day	Lunch	Requests
Mon 17.08.26	Cottage pie	
Tue 18.08.26	Sausage Mash & baked beans	
Wed 19.08.26	Pork casserole	
Thurs 20.08.26	Roast chicken	
Fri 21.08.26	Fish cake <u>Or</u> Egg & cheese salad	
Sat 22.08.26	Chicken salad (Delivered on Fri 21.08)	

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

