

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 20.07.26 | Roast beef | Cherry sponge with custard |
| Tue 21.07.26 | Cottage pie | Apple sponge with custard |
| Wed 22.07.26 | Gammon with pineapple | Trifle |
| Thurs 23.07.26 | Chicken chasseur | Apricot crumble with custard |
| Fri 24.07.26 | Fish cake Or Quiche salad | Strawberry whip with fruit |
| Sat 25.07.26 | Chicken salad (Delivered on Fri 24.07) | 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----- 20.07.26

Please return this half to the centre by Tues 14 July

| Day | Lunch | Requests |
|---------------------------------|---|----------|
| Mon 20.07.26 | Roast beef | |
| Tue 21.07.26 | Cottage pie | |
| Wed 22.07.26 | Gammon with pineapple | |
| Thurs 23.07.26 | Chicken chasseur | |
| Fri 24.07.26 | Fish cake Or Quiche salad | |
| Sat 25.07.26 | Chicken salad (Delivered on Fri 24.07) | |

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

