

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 21.09.26	Beef bourguignon	Lemon sponge with custard
Tue 22.09.26	Sausage mash & baked beans	Treacle sponge with custard
Wed 23.09.26	Roast pork	Peach Crumble with cream
Thurs 24.09.26	Cottage pie	Orange sponge with custard
Fri 25.09.26	Fish cake Or Chicken salad	Chocolate whip with pears
Sat 26.09.26	Pork salad (Delivered on Fri 25.09)	Fruit Flan 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----- 21.09.26

Please return this half to the centre by Wed 16.9 Sept

Day	Lunch	Requests
Mon 21.09.26	Beef bourguignon	
Tue 22.09.26	Sausage mash & baked beans	
Wed 23.09.26	Roast pork	
Thurs 24.09.26	Cottage pie	
Fri 25.09.26	Fish cake Or Chicken salad	
Sat 26.09.26	Pork salad (Delivered on Fri 25.09)	

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

