

## 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

	<b>Main Meal</b>	<b>Dessert</b>
<b>Sat</b> <b>21.05.22</b>	<b>Cottage pie</b>	<b>Bananas with custard</b>
<b>Sun</b> <b>22.05.22</b>	<b>Roast Lamb</b>	<b>Gateau</b>
<b>Mon</b> <b>23.05.22</b>	<b>Chicken Casserole Or Pork pie Salad</b>	<b>Strawberry Whip With Fruit And Cream</b>
<b>Tue</b> <b>24.05.22</b>	<b>Roast Beef Yorkshire Pudding</b>	<b>Pineapple Sponge with Custard</b>
<b>Wed</b> <b>25.05.22</b>	<b>Lancashire Hot Pot or Ham &amp; Egg salad</b>	<b>Plum Crumble with Cream</b>
<b>Thurs</b> <b>26.05.22</b>	<b>Roast Chicken</b>	<b>Jam sponge with Custard</b>
<b>Fri</b> <b>27.05.22</b>	<b>Battered Fish or Cheese &amp; Tomato Quiche salad</b>	<b>Meringues with Fruit &amp; Cream</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----- 21.05.2022

Please return this half to the centre by **Wednesday 18th May**

<b>Day</b>	<b>Lunch</b>	<b>Requests</b>
<b>Sat</b> <b>21.05.22</b>	<b>Cottage pie</b>	
<b>Sun</b> <b>22.05.22</b>	<b>Roast Lamb</b>	
<b>Mon</b> <b>23.05.22</b>	<b>Chicken Casserole Or Pork pie Salad</b>	
<b>Tue</b> <b>24.05.22</b>	<b>Roast Beef Yorkshire Pudding</b>	
<b>Wed</b> <b>25.05.22</b>	<b>Lancashire Hot Pot or Ham &amp; Egg salad</b>	
<b>Thurs</b> <b>26.05.22</b>	<b>Roast Chicken</b>	
<b>Fri</b> <b>27.05.22</b>	<b>Battered Fish or Cheese &amp; Tomato 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

