

## 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>Mon<br/>22.06.26</b>   | <b>Liver &amp; bacon casserole</b>                                       | <b>Orange sponge with custard</b>    |
| <b>Tue<br/>23.06.26</b>   | <b>Beef stew with dumpling</b>   | <b>Pear crumble with cream</b>       |
| <b>Wed<br/>24.06.26</b>   | <b>Roast pork</b>  | <b>Chocolate sponge with custard</b> |
| <b>Thurs<br/>25.06.26</b> | <b>Chicken &amp; veg pie</b>   | <b>Treacle sponge with custard</b>   |
| <b>Fri<br/>26.06.26</b>   | <b>Fish cake<br/><span style="color: red;">Or</span> Corn beef salad</b> | <b>Lemon cheesecake</b>              |
| <b>Sat<br/>27.06.26</b>   | <b>Egg &amp; cheese salad<br/>(Delivered on Fri 26.06)</b>               | <b>Fruit flan with 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----- 22.06.26

**Please return this half to the centre by Tues 16 June**

| Day                       | Lunch  | Requests |
|---------------------------|--|----------|
| <b>Mon<br/>22.06.26</b>   | <b>Liver &amp; bacon casserole</b>                                       |          |
| <b>Tue<br/>23.06.26</b>   | <b>Beef stew with dumpling</b>   |          |
| <b>Wed<br/>24.06.26</b>   | <b>Roast pork</b>  |          |
| <b>Thurs<br/>25.06.26</b> | <b>Chicken &amp; veg pie</b>   |          |
| <b>Fri<br/>26.06.26</b>   | <b>Fish cake<br/><span style="color: red;">Or</span> Corn beef salad</b> |          |
| <b>Sat<br/>27.06.26</b>   | <b>Egg &amp; cheese salad<br/>(Delivered on Fri 26.06)</b>               |          |

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

