

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 27.07.26	Sausage mash beans	Orange sponge with custard
Tue 28.07.26	Chicken & stuffing pie	Chocolate whip with pears
Wed 29.07.26	Liver & bacon casserole	Semolina with jam
Thurs 30.07.26	Roast pork	Apple crumble with custard
Fri 31.07.26	Fish in parsley sauce Or Pork salad	Cheesecake
Sat 01.08.26	Corn beef salad (Delivered on Fri 31.07)	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----- 27.07.26

Please return this half to the centre by Tues 21 July

Day	Lunch	Requests
Mon 27.07.26	Sausage mash beans	
Tue 28.07.26	Chicken & stuffing pie	
Wed 29.07.26	Liver & bacon casserole	
Thurs 30.07.26	Roast pork	
Fri 31.07.26	Fish in parsley sauce Or Pork salad	
Sat 01.08.26	Corn beef salad (Delivered on Fri 31.07)	

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

