

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 28.09.26	Liver & bacon	Raspberry cheesecake
Tue 29.09.26	Lasagne	Rice pudding
Wed 30.09.26	Sausage casserole	Cheery Crumble with cream
Thurs 01.10.26	Roast gammon	Chocolate & pear sponge with custard
Fri 02.10.26	Fish in parsley sauce Or Ham & egg salad	Strawberry whip with fruit
Sat 03.10.26	Pork pie salad (Delivered on Fri 02.10)	Gateau

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----- 28.09.26

Please return this half to the centre by Wed 23.9 Sept

Day	Lunch	Requests
Mon 28.09.26	Liver & bacon	
Tue 29.09.26	Lasagne	
Wed 30.09.26	Sausage casserole	
Thurs 01.10.26	Roast gammon	
Fri 02.10.26	Fish in parsley sauce Or Ham & egg salad	
Sat 03.10.26	Pork pie salad (Delivered on Fri 02.10)	

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

