

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 04.05.26 | Mince & mash | Meringue fruit & cream |
| Tue 05.05.26 | Liver & bacon | Plum crumble with custard |
| Wed 06.05.26 | Roast gammon | Treacle sponge with custard |
| Thurs 07.05.26 | Chicken pie | Semolina |
| Fri 08.05.26 | Fish in parsley sauce Or Pork pie salad | Banoffee pie |
| Sat 09.05.26 | Chicken salad (Delivered on Fri 08.05) | Fruit 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----- 04.05.26

Please return this half to the centre by Tues 28 May

| Day | Lunch | Requests |
|---------------------------------|---|----------|
| Mon 04.05.26 | Mince & mash | |
| Tue 05.05.26 | Liver & bacon | |
| Wed 06.05.26 | Roast gammon | |
| Thurs 07.05.26 | Chicken pie | |
| Fri 08.05.26 | Fish in parsley sauce Or Pork pie salad | |
| Sat 09.05.26 | Ham & egg salad (Delivered on Fri 08.05) | |

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

