

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 05.10.26	Roast beef	Sultana sponge with custard
Tue 06.10.26	Sausage & bacon quiche	Semolina
Wed 07.10.26	Chicken & veg pie	Chocolate trifle
Thurs 08.10.26	Cottage pie	Apricot crumble with custard
Fri 09.10.26	Fish cake Or beef salad	Profiteroles
Sat 10.10.26	Egg & cheese salad (Delivered on Fri 09.10)	Jam tart

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----- 05.10.26

Please return this half to the centre by Wed 29 Sep

Day	Lunch	Requests
Mon 05.10.26	Roast beef	
Tue 06.10.26	Sausage & bacon quiche	
Wed 07.10.26	Chicken & veg pie	
Thurs 08.10.26	Cottage pie	
Fri 09.10.26	Fish cake Or beef salad	
Sat 10.10.26	Egg & cheese salad (Delivered on Fri 09.10)	

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

