

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 06.07.26	Mince beef cobbler	Jam sponge with custard
Tue 07.07.26	Pork Stew with dumpling	Cherry tart with cream
Wed 08.07.26	Chicken casserole	Rice pudding
Thurs 09.07.26	Roast beef	Apple crumble with custard
Fri 10.07.26	Fish in parsley sauce Or Tuna salad	Jelly with fruit
Sat 11.07.26	Pork pie salad (Delivered on Fri 10.07)	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----- 06.07.26

Please return this half to the centre by Tues 30 June

Day	Lunch	Requests
Mon 06.07.26	Mince beef cobbler	
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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

