

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 07.09.26	Roast chicken	Apple crumble with custard
Tue 08.09.26	Beef cobbler	Sultana sponge with custard
Wed 09.09.26	Chicken casserole	Chocolate sponge with custard
Thurs 10.09.26	Steak pie	Cheesecake
Fri 11.09.26	Fish cake Or Pork pie salad	Jelly with fruit
Sat 12.09.26	Cheese salad (Delivered on Fri 11.09)	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----- 07.09.26

Please return this half to the centre by Wed 2.9 Sept

Day	Lunch	Requests
Mon 07.09.26	Roast chicken	
Tue 08.09.26	Beef cobbler	
Wed 09.09.26	Chicken casserole	
Thurs 10.09.26	Steak pie	
Fri 11.09.26	Fish cake Or Pork pie salad	
Sat 12.09.26	Cheese salad (Delivered on Fri 11.09)	

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

