

## The Deal Centre, Deal & The Marigold Centre, Folkestone

Visit our website at [ageuk.org.uk/southkentcoast](http://ageuk.org.uk/southkentcoast)  
Please make cheques payable to Age UK South Kent Coast

Head Office:  
The Deal Centre  
3 Park Street  
Deal  
Kent CT14 6AG  
Tel: 01304 372608  
[cateringdeal@ageukskc.org.uk](mailto:cateringdeal@ageukskc.org.uk)

|                                                              | Main Meal                                                            | Dessert                             |
|--------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------|
| Sun<br>09.11.2025                                            | Roast beef                                                           | Spotted dick & custard              |
| Mon<br>10.11.2025                                            | Lasagne<br>Or<br>Salmon and hollandaise sauce                        | Rhubarb crumble & custard           |
| Tue<br>11.11.2025                                            | Chicken curry<br>Or<br>Sausage, mash & onion gravy                   | Chocolate sponge & chocolate sauce  |
| Wed<br>12.11.2025                                            | Pork chop in apple & cider sauce<br>Or<br>Quiche potatoes vegetables | Stewed fruit & custard              |
| Thurs<br>13.11.2025                                          | Roast chicken                                                        | Eton Mess                           |
| Fri<br>14.11.2025                                            | Steak & mushroom pie<br>Or<br>Scampi chips & peas                    | Apple caramel, pecan tart & custard |
| <b><u>Extra meal to be delivered Friday for Saturday</u></b> | Pork pie salad                                                       | Lemon meringue                      |

All food is prepared in kitchens where nuts, gluten and other allergies could be present and our menu descriptions cannot include all ingredients. If you have a food allergy please let us know before ordering. Full allergen information is available. (V) suitable for vegetarians or vegetarian option available. Dishes with fish and chicken may contain bones.

-----Tear off-----

Please give your order to the driver or ring 01304 372608. Please delete meals you do not wish to receive next week

Name.....**09.11.2025**

**Please return this half to the centre by Wednesday each week**

|                                                              | Lunch                                                                | Requests |    |
|--------------------------------------------------------------|----------------------------------------------------------------------|----------|----|
| Sun                                                          | Roast beef                                                           |          |    |
| Mon<br><b>Please delete one</b>                              | Lasagne<br>Or<br>Salmon and hollandaise sauce                        |          |    |
| Tue<br><b>Please delete one</b>                              | Chicken curry<br>Or<br>Sausage, mash & onion gravy                   |          |    |
| Wed<br><b>Please delete one</b>                              | Pork chop in apple & cider sauce<br>Or<br>Quiche potatoes vegetables |          |    |
| Thurs                                                        | Roast chicken                                                        |          |    |
| Fri<br><b>Please delete one</b>                              | Steak & mushroom pie<br>Or<br>Scampi chips & peas                    |          |    |
| <b><u>Extra meal to be delivered Friday for Saturday</u></b> | Pork pie salad<br>Lemon meringue                                     | YES      | NO |