

## 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 10.08.2025	Roast beef	Apple & blackberry crumble & custard
Mon 11.08.2025	Liver & bacon Or Sausage, egg & bacon flan	Rum & raisin sponge & custard
Tue 12.08.2025	Beef stew & dumpling Or Fishcake	Bakewell tart & custard
Wed 13.08.2025	Roast pork	Cherry pie & cream
Thurs 14.08.2025	Mince beef & onion pie Or Chicken stir-fry	Jam roly-poly & custard
Fri 15.08.2025	Smoked haddock Or Gammon & leek bake	Mandarin & lemon tart
<b>Extra meal to be delivered Friday for Saturday</b>	Quiche salad	Raspberry mousse slice

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.....**10.08.2025**

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

Day	Lunch	Requests	
Sun	Roast beef		
Mon <b>Please delete one</b>	Liver & bacon Or Sausage, egg & bacon flan		
Tue <b>Please delete one</b>	Beef stew & dumpling Or Fishcake		
Wed	Roast pork		
Thurs <b>Please delete one</b>	Mince beef & onion pie Or Chicken stir-fry		
Fri <b>Please delete one</b>	Smoked haddock Or Gammon & leek bake		
<b>Extra meal to be delivered Friday for Saturday</b>	Quiche salad & raspberry mousse slice	Yes	No

Chairman: Mr B Flavell      Treasurer: Mr H Barker      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**

