

## The Deal Centre, & 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	Desserts
Sun 13.07.2025	Roast turkey	Syrup sponge & custard
Mon 14.07.2025	Pork casserole & herby dumpling Or Beef curry & rice	Apple pie & custard
Tue 15.07.2025	Roast beef	Strawberries & cream
Wed 16.07.2025	Chicken & mushroom pie Or Pork pie salad	Pineapple upside-down cake & custard
Thurs 17.07.2025	Cod au gratin Or Sausage casserole	Banoffee pie
Fri 18.08.2025	Cottage pie Or Chicken & ham carbonara	Plum crumble & custard
<b>Extra meal to be delivered Friday for Saturday</b>	Ham & egg salad	Profiteroles

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..... **13.07.2025**

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

Days	Lunch	Requests	
Sun	Roast turkey		
Mon <b>Please delete one</b>	Pork casserole & herby dumpling Or Beef curry & rice		
Tue	Roast beef		
Wed <b>Please delete one</b>	Chicken & mushroom pie Or Pork pie salad		
Thurs <b>Please delete one</b>	Cod au gratin Or Sausage casserole		
Fri <b>Please delete one</b>	Cottage pie Or Chicken & ham carbonara		
<b>Extra meal to be delivered Friday for Saturday</b>	Ham & egg salad & Profiteroles	YES	NO