

## 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>23.11.2025                                     | Roast beef                                       | Apple & blackberry crumble & custard |
| Mon<br>24.11.2025                                     | Liver & bacon<br>Or<br>Sausage, egg & bacon flan | Rum & raisin sponge & custard        |
| Tue<br>25.11.2025                                     | Beef stew & dumpling<br>Or<br>Fishcake           | Bakewell tart & custard              |
| Wed<br>26.11.2025                                     | Roast pork                                       | Cherry pie & cream                   |
| Thurs<br>27.11.2025                                   | Mince beef & onion pie<br>Or<br>Chicken stir-fry | Jam roly-poly & custard              |
| Fri<br>28.11.2025                                     | Smoked haddock<br>Or<br>Gammon & leek bake       | Mandarin & lemon tart                |
| <b>Extra meal to be delivered Friday for Saturday</b> | Quiche salad                                     | Raspberry 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.....**23.11.2025**

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

| Day                                                   | Lunch                                            | Requests |    |
|-------------------------------------------------------|--------------------------------------------------|----------|----|
| Sun                                                   | Roast beef                                       |          |    |
| Mon<br><b>Please delete one</b>                       | Liver & bacon<br>Or<br>Sausage, egg & bacon flan |          |    |
| Tue<br><b>Please delete one</b>                       | Beef stew & dumpling<br>Or<br>Fishcake           |          |    |
| Wed                                                   | Roast pork                                       |          |    |
| Thurs<br><b>Please delete one</b>                     | Mince beef & onion pie<br>Or<br>Chicken stir-fry |          |    |
| Fri<br><b>Please delete one</b>                       | Smoked haddock<br>Or<br>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**

