

## 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 24.08.2025	Roast chicken	Tiramisu
Mon 25.08.2025	Lamb & rosemary pie Or BBQ sausage bake	Bread & butter pudding & custard
Tue 26.08.2025	Cod in parsley sauce Or Toad in the hole	Lemon roulade
Wed 27.08.2025	Roast pork	Cherry & almond sponge & custard
Thurs 28.08.2025	Beef stroganoff Or Chicken, bacon & lattice pie	Raspberry meringue
Fri 29.08.2025	Hotpot Or Bolognese bake	Pear & ginger crumble & custard
<b>Extra meal to be delivered Friday for Saturday</b>	Tuna mayo salad	Cherry cheesecake

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.....**24.08.2025**

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

Days	Lunch	Requests	
Sun	Roast chicken		
Mon <b>Please delete one</b>	Lamb & rosemary pie Or BBQ sausage bake		
Tue <b>Please delete one</b>	Cod in parsley sauce Or Toad in the hole		
Wed	Roast pork		
Thurs <b>Please delete one</b>	Beef stroganoff Or Chicken, bacon & lattice pie		
Fri <b>Please delete one</b>	Hotpot Or Bolognese bake		
<b>Extra meal to be delivered Friday for Saturday</b>	Tuna mayo salad Cherry cheesecake	YES	NO