

The Deal Centre, Deal & The Marigold Centre, Folkestone

Visit our website at ageuk.org.uk/southkentcoast
Please make cheques payable to Age UK South Kent Coast

	Main Meal	Dessert
Mon 01.12.25	Liver & bacon	Lemon sponge with custard
Tue 02.12.25	Roast pork	Apple pie with custard
Wed 03.12.25	Mince & onion pie	Chocolate sponge with custard
Thurs 04.12.25	Chicken hot pot	Semolina
Fri 05.12.25	Fish in parsley sauce Or Pork pie salad	Jelly with fruit
Sat 06.12.25	Tuna salad (Delivered on Fri 05.12)	Profiteroles

All food is prepared in kitchens where nuts, gluten and other allergens could be present. Our menu descriptions cannot include all ingredients; if you have a food allergy, please let us know before ordering. Full allergen information is available. Dishes with chicken or fish may contain bones.

-----Cut here-----

Please delete all meals you do not wish to receive and return your order to the driver or phone 01303 279621.

Name----- 01.12.25

Please return this half to the centre by Tues 25 Nov

Day	Lunch	Requests
Mon 01.12.25	Liver & bacon	
Tue 02.12.25	Roast pork	
Wed 03.12.25	Mince & onion pie	
Thurs 04.12.25	Chicken hot pot	
Fri 05.12.25	Fish in parsley sauce Or Pork pie salad	
Sat 06.12.25	Tuna salad (Delivered on Fri 05.12)	

A sandwich menu is available on request. Only £1.50 when you order a lunch!

Chairman: Mr B Flavell Treasurer: Mr I Ward 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

