

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
Sat 31.05.25	Chicken salad (Delivered on Fri 30.05)	Banana whip
Mon 02.06.25	Cottage pie	Cheesecake
Tue 03.06.25	Roast gammon	Sultana sponge with custard
Wed 04.06.25	Sweet & sour chicken	Apple crumble with cream
Thur 05.06.25	Beef hotpot	Jam sponge with custard
Fri 06.06.25	Battered fish Or Beef salad	Jelly with fruit & cream
Sat 07.06.25	Ham & egg salad (Delivered on Fri 06.06)	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.

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

Name----- 31.05.25

Please return this half to the centre by Tues 27 May

Day	Lunch	Requests
Sat 31.05.25	Chicken salad (Delivered on Fri 30.05)	
Mon 02.06.25	Cottage pie	
Tue 03.06.25	Roast gammon	
Wed 04.06.25	Sweet & sour chicken	
Thur 05.06.25	Beef hotpot	
Fri 06.06.25	Battered fish Or Beef salad	
Sat 07.06.25	Ham & egg salad (Delivered on Fri 06.06)	

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

