

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 03.11.25	Chicken casserole	Jam sponge with custard
Tue 04.11.25	Roast beef	Rhubarb crumble with custard
Wed 05.11.25	Sausage, mash & baked beans	Lemon cheesecake
Thurs 06.11.25	Mince beef cobbler	Orange sponge with custard
Fri 07.11.25	Fish in parsley sauce Or Beef salad	Meringue with fruit & cream
Sat 08.11.25	Chicken salad (Delivered on Fri 07.11)	Jelly & fruit

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----- 03.11.25

Please return this half to the centre by Tues 28 Oct

Day	Lunch	Requests
Mon 03.11.25	Chicken casserole	
Tue 04.11.25	Roast beef	
Wed 05.11.25	Sausage mash & baked beans	
Thurs 06.11.25	Mince beef cobbler	
Fri 07.11.25	Fish in parsley sauce Or Beef salad	
Sat 08.11.25	Chicken salad (Delivered on Fri 07.11)	

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

