

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 03.05.25	Liver & bacon casserole	Bakewell tart with cream
Sun 04.05.25	Roast chicken	Sultana sponge with custard
Mon 05.05.25	Lasagne	Plum crumble with custard
Tue 06.05.25	Roast gammon	Orange sponge with custard
Wed 07.05.25	Pasta Bolognese	Trifle
Thurs 08.05.25	Beef hot pot	Jam sponge with custard
Fri 09.05.25	Fish cake Or Ham & egg salad	Raspberry cheesecake

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----- 03.05.25

Please return this half to the centre by Tues 29 April

Day	Lunch	Requests
Sat 03.05.25	Liver & bacon casserole	
Sun 04.05.25	Roast chicken	
Mon 05.05.25	Lasagne	
Tue 06.05.25	Roast gammon	
Wed 07.05.25	Pasta Bolognese	
Thurs 08.05.25	Beef hot pot	
Fri 09.05.25	Fish cake Or Ham & egg salad	

A sandwich menu is available on request. Only £1 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

