

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 04.08.25	Pork casserole	Orange sponge with custard
Tue 05.08.25	Roast beef	Jam sponge with custard
Wed 06.08.25	Chicken & veg pie	Danish pastry with custard
Thurs 07.08.25	Beef stew with dumpling	Apple crumble with cream
Fri 08.08.25	Fish in parsley sauce Or Chicken salad	Cheesecake
Sat 09.08.25	Ham & egg salad (Delivered on Fri 08.08)	Trifle

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----- 04.08.25

Please return this half to the centre by Tues 29 July

Day	Lunch	Requests
Mon 04.08.25	Pork casserole	
Tue 05.08.25	Roast beef	
Wed 06.08.25	Chicken & veg pie	
Thurs 07.08.25	Beef stew with dumpling	
Fri 08.08.25	Fish in parsley sauce Or Chicken salad	
Sat 09.08.25	Ham & egg salad (Delivered on Fri 08.08)	

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

