

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 09.06.25	Chicken hot pot	Rice pudding
Tue 10.06.25	Bacon onion & cheese roly poly	Cherry sponge with custard
Wed 11.06.25	Steak & veg	Chocolate sponge with chocolate custard
Thurs 12.06.25	Roast pork	Plum crumble with custard
Fri 13.06.25	Fish cake Or Ham & egg salad	Banoffee pie
Sat 14.06.25	Cheese & tomato quiche salad (Delivered on Fri 06.06)	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.

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

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

Name----- 09.06.25

Please return this half to the centre by Tues 3 June

Day	Lunch	Requests
Mon 09.06.25	Chicken hot pot	
Tue 10.06.25	Bacon onion & cheese roly poly	
Wed 11.06.25	Steak & veg	
Thurs 12.06.25	Roast pork	
Fri 13.06.25	Fish cake Or Ham & egg salad	
Sat 14.06.25	Cheese & tomato quiche 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

