

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 10.11.25	Beef stew with dumpling	Lemon sponge with custard
Tue 11.11.25	Pork casserole	Apricot crumble with custard
Wed 12.11.25	Liver & bacon	Semolina
Thurs 13.11.25	Roast chicken	Danish pastry with custard
Fri 14.11.25	Fish cake Or Pork pie salad	Raspberry cheesecake
Sat 15.11.25	Egg & cheese salad (Delivered on Fri 14.11)	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----- 10.11.25

Please return this half to the centre by Tues 04 Nov

Day	Lunch	Requests
Mon 10.11.25	Beef stew with dumpling	
Tue 11.11.25	Pork casserole	
Wed 12.11.25	Liver & bacon	
Thurs 13.11.25	Roast chicken	
Fri 14.11.25	Fish cake Or Pork pie salad	
Sat 15.11.25	Egg & cheese salad (Delivered on Fri 14.11)	

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

