

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 11.08.25	Sausage & mash with peas	Banana whip with fruit
Tue 12.08.25	Mince beef cobbler	Cherry sponge with custard
Wed 13.08.25	Roast chicken	Rice pudding
Thurs 14.08.25	Beef hot pot	Plum crumble with custard
Fri 15.08.25	Fish cake <u>Or</u> Pork pie salad	Jelly with fruit & cream
Sat 16.08.25	Beef salad (Delivered on Fri 15.08)	Gateau

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----- 11.08.25

Please return this half to the centre by Tues 05 Aug

Day	Lunch	Requests
Mon 11.08.25	Sausage & mash with peas	
Tue 12.08.25	Mince beef cobbler	
Wed 13.08.25	Roast gammon	
Thurs 14.08.25	Beef hot pot	
Fri 15.08.25	Fish cake <u>Or</u> Pork pie salad	
Sat 16.08.25	Beef salad (Delivered on Fri 15.08)	

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

