

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 13.10.25	Chicken pie	Chocolate chip & orange sponge with custard
Tue 14.10.25	Beef stew & dumpling	Trifle
Wed 15.10.25	Bolognese bake	Bananas & custard
Thurs 16.10.25	Roast beef & Yorkshire pudding	Apple crumble with custard
Fri 17.10.25	Fish in parsley sauce <u>Or</u> Quiche & salad	Toffee cheesecake
Sat 18.10.25	Beef salad (Delivered on Fri 17.10)	Fruit cake

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----- 13.10.25

Please return this half to the centre by Tues 07 Oct

Day	Lunch	Requests
Mon 13.10.25	Chicken pie	
Tue 14.10.25	Beef stew & dumpling	
Wed 15.10.25	Bolognese bake	
Thurs 16.10.25	Roast beef & Yorkshire pudding	
Fri 17.10.25	Fish in parsley sauce <u>Or</u> Quiche & salad	
Sat 18.10.25	Beef salad (Delivered on Fri 17.10)	

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

