

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 15.09.25	Liver & bacon	Chocolate whip with pears and cream
Tue 16.09.25	Lasagne	Lemon cheesecake
Wed 17.09.25	Chicken chasseur	Orange sponge with custard
Thurs 18.09.25	Roast pork	Gateau
Fri 19.09.25	Battered fish Or Ham & egg salad	Apricot crumble with custard
Sat 20.09.25	Quiche with salad (Delivered on Fri 19.09)	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----- 15.09.25

Please return this half to the centre by Tues 09 Sep

Day	Lunch	Requests
Mon 15.09.25	Liver & bacon	
Tue 16.09.25	Lasagne	
Wed 17.09.25	Chicken chasseur	
Thurs 18.09.25	Roast pork	
Fri 19.09.25	Battered fish Or Ham & egg salad	
Sat 20.09.25	Quiche with salad (Delivered on Fri 19.09)	

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

