

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 16.06.25	Liver and bacon casserole	Orange sponge with custard
Tue 17.06.25	Roast beef	Trifle
Wed 18.06.25	Sausages with mash and baked beans	Treacle sponge with custard
Thurs 19.06.25	Mince cobbler	Semolina
Fri 20.06.25	Fish in parsley sauce <u>Or</u> Chicken salad	Chocolate whip with pears
Sat 21.06.25	Beef salad (Delivered on Fri 20.06)	Pear crumble with cream

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----- 16.06.25

Please return this half to the centre by Tues 10 June

Day	Lunch	Requests
Mon 16.06.25	Liver and bacon casserole	
Tue 17.06.25	Roast beef	
Wed 18.06.25	Sausages with mash and baked beans	
Thurs 19.06.25	Mince cobbler	
Fri 20.06.25	Fish in parsley sauce <u>Or</u> Chicken salad	
Sat 21.06.25	Beef salad (Delivered on Fri 20.06)	

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

