

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
Sat 17.05.25	Bacon & sausage quiche	Meringue with fruit & cream
Sun 18.05.25	Roast gammon	Apple sponge with custard
Mon 19.05.25	Chicken casserole	Apricot crumble with custard
Tue 20.05.25	Beef stew with dumpling	Semolina with jam
Wed 21.05.25	Sausage mash & beans	Orange sponge with custard
Thurs 22.05.25	Roast pork	Sultana sponge with custard
Fri 23.05.25	Fish in parsley sauce <u>Or</u> Chicken salad	Lemon cheesecake

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----- 17.05.25

Please return this half to the centre by Tues 13 may

Day	Lunch	Requests
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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

