

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 18.05.24 | Sausage, mash and beans | Semolina |
| Sun 19.05.24 | Roast gammon | Gateau |
| Mon 20.05.24 | Cheese & bacon roly-poly | Jelly with fruit & cream |
| Tue 21.05.24 | Roast chicken | Orange sponge with custard |
| Wed 22.05.24 | Pork casserole | Plum crumble with cream |
| Thurs 23.05.24 | Roast pork | Pineapple sponge with custard |
| Fri 24.05.24 | Fishcake Or Beef salad | Strawberry whip with fruit and 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----- 18.05.2024

Please return this half to the centre by Wednesday 15 May

| Day | Lunch | Requests |
|---------------------------|---------------------------------------|----------|
| Sat 18.05.24 | Sausage, mash and beans | |
| Sun 19.05.24 | Roast gammon | |
| Mon 20.05.24 | Cheese & bacon roly-poly | |
| Tue 21.05.24 | Roast chicken | |
| Wed 22.05.24 | Pork casserole | |
| Thurs 23.05.24 | Roast pork | |
| Fri 24.05.24 | Fishcake Or Beef salad | |

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

