

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 19.01.26	Roast beef	Chocolate sponge with custard
Tue 20.01.26	Chicken & veg pie	Apricot crumble with custard
Wed 21.01.26	Sausage mash & beans	Semolina
Thurs 22.01.26	Mince & mash with onion gravy	Jam sponge with custard
Fri 23.01.26	Fish cake <u>Or</u> Ham & egg salad	Trifle
Sat 24.01.26	Beef salad (Delivered on Fri 23.01)	Danish pastry

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----- 19.01.26

Please return this half to the centre by Tues 13 Jan

Day	Lunch	Requests
Mon 19.01.26	Roast beef	
Tue 20.01.26	Chicken & veg pie	
Wed 21.01.26	Sausage mash & beans	
Thurs 22.01.26	Mince & mash with onion gravy	
Fri 23.01.26	Fish cake <u>Or</u> Ham & egg salad	
Sat 24.01.26	Beef salad (Delivered on Fri 23.01)	

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

