

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 19.04.25	Beef stew & dumpling	Jam sponge with custard
Sun 20.04.25	Roast chicken	Jelly with fruit & cream
Mon 21.04.25	Sausage & mash with peas	Gateau
Tue 22.04.25	Roast pork	Apple crumble with custard
Wed 23.04.25	Pork casserole	Profiteroles
Thurs 24.04.25	Chicken & stuffing pie	Pineapple sponge with custard
Fri 25.04.25	Fish cake Or Chicken salad	Meringue with fruit & 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----- 19.04.25

Please return this half to the centre by Tues 15 April

Day	Lunch	Requests
Sat 19.04.25	Beef stew & dumpling	
Sun 20.04.25	Roast chicken	
Mon 21.04.25	Sausage & mash with peas	
Tue 22.04.25	Roast pork	
Wed 23.04.25	Pork casserole	
Thurs 24.04.25	Chicken & stuffing pie	
Fri 25.04.25	Fish cake Or Chicken salad	

A sandwich menu is available on request. Only £1 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

