

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 20.04.24	Sausage, mash and beans	Banoffee pie
Sun 21.04.24	Roast beef & Yorkshire pudding	Gateau
Mon 22.04.24	Cottage pie	Apple sponge with custard
Tue 23.04.24	Roast chicken	Jam sponge with custard
Wed 24.04.24	Beef casserole	Plum crumble with cream
Thurs 25.04.24	Roast pork	Pineapple sponge with custard
Fri 26.04.24	Battered fish Or Ham & egg salad	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----- 20.04.2024

Please return this half to the centre by Wednesday 17 April

Day	Lunch	Requests
Sat 20.04.24	Sausage, mash and beans	
Sun 21.04.24	Roast beef & Yorkshire pudding	
Mon 22.04.24	Cottage pie	
Tue 23.04.24	Roast chicken	
Wed 24.04.24	Beef casserole	
Thurs 25.04.24	Roast pork	
Fri 26.04.24	Battered fish Or Ham & egg 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

