

## The Deal Centre, Deal & The Marigold Centre, Folkestone

Visit our website at [ageuk.org.uk/southkentcoast](http://ageuk.org.uk/southkentcoast)  
Please make cheques payable to Age UK South Kent Coast

	Main Meal	Dessert
<b>Mon</b> <b>22.09.25</b>	<b>Sausage &amp; mash</b>	<b>Rhubarb crumble with custard</b>
<b>Tue</b> <b>23.09.25</b>	<b>Roast beef &amp; Yorkshire pudding</b>	<b>Semolina</b>
<b>Wed</b> <b>24.09.25</b>	<b>Lamb hotpot</b>	<b>Meringues with raspberries &amp; cream</b>
<b>Thurs</b> <b>25.09.25</b>	<b>Beef stew &amp; dumpling</b>	<b>Treacle sponge with custard</b>
<b>Fri</b> <b>26.09.25</b>	<b>Fish in parsley sauce</b> <b>Or Beef salad</b>	<b>Bakewell tart with cream</b>
<b>Sat</b> <b>27.09.25</b>	<b>Cheese &amp; egg salad</b> (Delivered on Fri 26.09)	<b>Danish pastries</b>

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----- 22.09.25

**Please return this half to the centre by Tues 16 Sep**

Day	Lunch	Requests
<b>Mon</b> <b>22.09.25</b>	<b>Sausage &amp; mash</b>	
<b>Tue</b> <b>23.09.25</b>	<b>Roast beef &amp; Yorkshire pudding</b>	
<b>Wed</b> <b>24.09.25</b>	<b>Lamb hotpot</b>	
<b>Thurs</b> <b>25.09.25</b>	<b>Beef stew &amp; dumpling</b>	
<b>Fri</b> <b>26.09.25</b>	<b>Fish in parsley sauce</b> <b>Or Beef salad</b>	
<b>Sat</b> <b>27.09.25</b>	<b>Cheese &amp; egg salad</b> (Delivered on Fri 26.09)	

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

