

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 24.11.25	Steak & veg pie	Cherry sponge with custard
Tue 25.11.25	Cheese, bacon & onion Roly poly	Sultana sponge with custard
Wed 26.11.25	Pork casserole	Apple crumble with cream
Thurs 27.11.25	Roast gammon	Rice pudding
Fri 28.11.25	Fish cake Or Cheese & tomato quiche salad	Meringue with fruit & cream
Sat 29.11.25	Ham & egg salad (Delivered on Fri 28.11)	Fruit cake

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----- 24.11.25

Please return this half to the centre by Tues 18 Nov

Day	Lunch	Requests
Mon 24.11.25	Steak & veg pie	
Tue 25.11.25	Cheese, bacon & onion Roly poly	
Wed 26.11.25	Pork casserole	
Thurs 27.11.25	Roast gammon	
Fri 28.11.25	Fish cake Or Cheese & tomato quiche salad	
Sat 29.11.25	Ham & egg salad (Delivered on Fri 28.11)	

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

