

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 27.04.24	Sweet & sour chicken	Meringue with fruit and cream
Sun 28.04.24	Roast chicken	Chocolate sponge with custard
Mon 29.04.24	Steak pie	Rice pudding
Tue 30.04.24	Roast gammon	Cherry pie with custard
Wed 01.05.24	Chicken casserole	Raspberry cheesecake
Thurs 02.05.24	Roast beef & Yorkshire pudding	Lemon sponge with custard
Fri 03.05.24	Fish in parley sauce Or Chicken salad	Jelly with fruit and 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----- 27.04.2024

Please return this half to the centre by Wednesday 24 April

Day	Lunch	Requests
Sat 27.04.24	Sweet & sour chicken	
Sun 28.04.24	Roast chicken	
Mon 29.04.24	Steak pie	
Tue 30.04.24	Roast gammon	
Wed 01.05.24	Chicken casserole	
Thurs 02.05.24	Roast beef & Yorkshire pudding	
Fri 03.05.24	Fish in parley sauce Or Chicken 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

