

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 27.10.25	Lamb hot pot	Rice pudding
Tue 28.10.25	Cheese, onion & bacon roly-poly	Cherry sponge with custard
Wed 29.10.25	Steak pie	Pear crumble with custard
Thurs 30.10.25	Roast chicken	Trifle
Fri 31.10.25	Fish cake <u>Or</u> Ham & egg salad	Raspberry whip with fruit
Sat 01.11.25	Tuna mayo salad (Delivered on Fri 31.10)	Bakewell tart with 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----- 27.10.25

Please return this half to the centre by Tues 21 Oct

Day	Lunch	Requests
Mon 27.10.25	Lamb hot pot	
Tue 28.10.25	Cheese, onion & bacon roly-poly	
Wed 29.10.25	Steak pie	
Thurs 30.10.25	Roast chicken	
Fri 31.10.25	Fish cake <u>Or</u> Ham & egg salad	
Sat 01.11.25	Tuna mayo salad (Delivered on Fri 31.10)	

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

