

## 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 28.07.25</b>	<b>Chicken hot pot</b>	<b>Meringue with fruit &amp; cream</b>
<b>Tue 29.07.25</b>	<b>Roast gammon</b>	<b>Sultana sponge with custard</b>
<b>Wed 30.07.25</b>	<b>Cottage pie</b>	<b>Jelly with fruit &amp; cream</b>
<b>Thurs 31.07.25</b>	<b>Beef bourguignon</b>	<b>Apple pie with cream</b>
<b>Fri 01.08.25</b>	<b>Fish cake <u>Or</u> Beef salad</b>	<b>Banoffee pie</b>
<b>Sat 02.08.25</b>	<b>Ham &amp; egg salad (Delivered on Fri 01.08)</b>	<b>Chocolate whip with pears</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----- 28.07.25

**Please return this half to the centre by Tues 22 July**

Day	Lunch	Requests
<b>Mon 21.07.25</b>	<b>Chicken hot pot</b>	
<b>Tue 22.07.25</b>	<b>Roast gammon</b>	
<b>Wed 23.07.25</b>	<b>Cottage pie</b>	
<b>Thurs 24.07.25</b>	<b>Beef bourguignon</b>	
<b>Fri 25.07.25</b>	<b>Fish cake <u>Or</u> Beef salad</b>	
<b>Sat 26.07.25</b>	<b>Ham &amp; egg salad (Delivered on Fri 01.08)</b>	

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

