

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 30.06.25	Sausage mash & peas	Apple sponge with custard
Tue 01.07.25	Roast gammon	Jam roly-poly with custard
Wed 02.07.25	Liver & bacon casserole	Strawberry whip with fruit
Thurs 03.07.25	Steak pie	Rice pudding
Fri 04.07.25	Fish cake <u>Or</u> Beef salad	Meringue with fruit & cream
Sat 05.07.25	Ham & egg salad (Delivered on Fri 04.07)	Danish pastry with custard

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----- 30.06.25

Please return this half to the centre by Tues 24 June

Day	Lunch	Requests
Mon 30.06.25	Sausage mash & peas	
Tue 01.07.25	Roast gammon	
Wed 02.07.25	Liver bacon casserole	
Thurs 03.07.25	Steak pie	
Fri 04.07.25	Fish cake <u>Or</u> Beef salad	
Sat 05.07.25	Ham & egg salad (Delivered on Fri 04.07)	

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

