

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 15.02.25	Sweet & sour chicken with rice & peas	Apple & raspberry pie with custard
Sun 16.02.25	Roast pork	Danish pastries with custard
Mon 17.02.25	Chicken & gammon pie	Lemon sponge with custard
Tue 18.02.25	Liver & bacon	Rhubarb crumble with cream
Wed 19.02.25	Cottage pie	Mandarin cheesecake
Thurs 20.02.25	Roast beef with Yorkshire pudding	Orange sponge with custard
Fri 21.02.25	Fish in parsley sauce <u>Or</u> Cheese & egg salad	Fruit flan 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----- 15.02.25

Please return this half to the centre by Tues 11 Feb

Day	Lunch	Requests
Sat 15.02.25	Sweet & sour chicken with rice & peas	
Sun 16.02.25	Roast pork	
Mon 17.02.25	Chicken & gammon pie	
Tue 18.02.25	Liver & bacon	
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Fri 21.02.25	Fish in parsley sauce <u>Or</u> cheese & egg salad	

A sandwich menu is available on request. Only £1 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

