

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 15.03.25	Gammon with pineapple mash & peas	Meringue with fruit & cream
Sun 16.03.25	Roast Chicken	Apple sponge with custard
Mon 17.03.25	Cheese & tomato quiche	Lemon & lime cheesecake
Tue 18.03.25	Beef stew & dumpling	Bakewell tart
Wed 19.03.25	Sausage mash & beans	Jelly with fruit & cream
Thurs 20.03.25	Roast beef	Pear crumble with custard
Fri 21.03.25	Battered Fish Or Ham & egg salad	Sultana sponge 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.

-----Cut here-----

Please delete all meals you do not wish to receive and return your order to the driver or phone 01303 279621.

Name----- 15.03.25

Please return this half to the centre by Tues 11 March

Day	Lunch	Requests
Sat 15.03.25	Gammon with pineapple mash & peas	
Sun 16.03.25	Roast Chicken	
Mon 17.03.25	Cheese & tomato quiche	
Tue 18.03.25	Beef stew & dumpling	
Wed 19.03.25	Sausage mash & beans	
Thurs 20.03.25	Roast beef	
Fri 21.03.25	Battered Fish Or Ham & 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

