

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 22.03.25 | Chicken pie | Jam sponge with custard |
| Sun 23.03.25 | Roast Pork | Semolina with jam |
| Mon 24.03.25 | Sausage casserole | Trifle |
| Tue 25.03.25 | Roast chicken | Rhubarb crumble with custard |
| Wed 26.03.25 | Beef bourguignon | Bananas & custard |
| Thurs 27.03.25 | Cottage pie | Orange Sponge with custard |
| Fri 28.03.25 | Fish cake Or Beef salad | Chocolate whip with pears |

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----- 22.03.25

Please return this half to the centre by Tues 18 March

| Day | Lunch | Requests |
|---------------------------------|--|----------|
| Sat 22.03.25 | Chicken pie | |
| Sun 23.03.25 | Roast Pork | |
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| Tue 25.03.25 | Roast chicken | |
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| Fri 28.03.25 | Fish cake Or Beef 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

