

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 01.02.2025	Fishcake Or Sausagemeat plait	Lemon roulade
Sun 02.02.2025	Roast beef	Spotted dick & custard
Mon 03.02.2025	Lasagne Or Salmon and hollandaise sauce	Rhubarb crumble & custard
Tue 04.02.2025	Chicken curry Or Sausage, mash & onion gravy	Chocolate sponge & chocolate sauce
Wed 05.02.2025	Mince beef cobbler Or Sweet & sour pork & rice	Stewed fruit & custard
Thurs 06.02.2025	Roast chicken	Eton Mess
Fri 07.02.2025	Cottage pie Or Chicken & ham carbonara	Apple caramel, pecan tart & custard

All food is prepared in kitchens where nuts, gluten and other allergies could be present and our menu descriptions cannot include all ingredients. If you have a food allergy please let us know before ordering. Full allergen information is available. (V) suitable for vegetarians or vegetarian option available. Dishes with fish and chicken may contain bones.

-----Tear off-----

Please give your order to the driver or ring 01304 372608 .Please delete meals you do not wish to receive next week

Name..... **01.02.2025**

Please return this half to the centre by Wednesday each week

	Lunch	Requests
Sat Please delete one	Fishcake Or Sausagemeat plait	
Sun	Roast beef	
Mon Please delete one	Lasagne Or Salmon and hollandaise sauce	
Tue Please delete one	Chicken curry Or Sausage, mash & onion gravy	
Wed Please delete one	Mince beef cobbler Or Sweet & sour pork & rice	
Thurs	Roast chicken	
Fri Please delete one	Cottage pie Or Chicken & ham carbonara	