



**The Deal Centre, Deal  
& The Marigold Centre,**

**Folkestone**

Head Office:  
The Deal Centre  
3 Park Street  
Deal  
Kent CT14 6AG  
Tel: 01304 372608  
cateringdeal@ageukskc.org.uk

Visit our website at [ageuk.org.uk/southkentcoast](http://ageuk.org.uk/southkentcoast)  
Please make cheques payable to Age UK South Kent Coast

	Main Meal	Desserts
Sat 05.10.2024	Pork casserole Or Gammon & leek bake	Pear & ginger crumble & custard
Sun 06.10.2024	Roast turkey	Marble sponge & custard
Mon 07.10.2024	Chicken & mushroom pie Or Bolognaise bake	Jam roly-poly & custard
Tue 08.10.2024	Roast beef	Jelly, fruit & cream
Wed 09.10.2024	Pork chop in peppercorn sauce Or Mince beef & onion Pie	Pineapple upside down cake & custard
Thurs 10.10.2024	Hotpot Or Chicken stir-fry	Banoffee pie
Fri 11.10.2024	Cod au gratin Or Beef bourguignon	Apricot crumble & 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..... **05.10.2024**

**Please return this half to the centre by Wednesday each week**

Days	Lunch	Requests
Sat <b>Please delete one</b>	Pork casserole Or Gammon & leek bake	
Sun	Roast turkey	
Mon <b>Please delete one</b>	Chicken & mushroom pie Or Bolognaise bake	
Tue	Roast beef	
Wed <b>Please delete one</b>	Pork chop in peppercorn sauce Or Mince beef & onion Pie	
Thurs <b>Please delete one</b>	Hotpot Or Chicken stir-fry	
Fri <b>Please delete one</b>	Cod au gratin Or Beef bourguignon	

Chairman: Mr B Flavell    Treasurer: Mr H Barker    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**

