

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 06.07..24	Fishcake Or Sausagemeat plait	Manchester tart
Sun 07.07.24	Roast beef	Spotted dick & custard
Mon 08.06.24	Lasagne Or Salmon and hollandaise sauce	Rhubarb crumble & custard
Tue 09.07.24	Chicken curry Or Sausage, mash & onion gravy	Chocolate sponge & chocolate sauce
Wed 10.07.24	Beef stew & dumpling Or Jacket potato, cheese & beans	Stewed fruit & custard
Thurs 11.07.24	Roast chicken	Strawberries & cream
Fri 12.07.24	Cottage pie Or Chicken & ham carbonara	Trifle

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.....**06.07.2024**

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	Beef stew & dumpling Or Jacket potato, cheese & beans	
Thurs	Roast chicken	
Fri Please delete one	Cottage pie Or Chicken & ham carbonara	