

## The Deal Centre, Deal & The Marigold Centre, Folkestone

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

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

	Main Meal	Dessert
Sat 21.09.24	Sweet & sour pork Or Cheese potato pie	Jam & coconut sponge & custard
Sun 22.09.24	Roast pork	Cherry shortbread & cream
Mon 23.09.24	Pork chop in apple & cider sauce Or Chilli & rice	Apple & raspberry slice & custard
Tue 24.09.24	Sausage casserole Or Fish pie	Gateau
Wed 25.09.24	Roast turkey & gammon	Rice pudding & peaches
Thurs 26.09.24	Hunter chicken Or Ham & egg salad	Strawberry cheesecake
Fri 27.09.24	Steak & ale pie Or Scampi	Syrup sponge & 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. Dishes with chicken or fish 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-----**21.09.2024**

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

Day	Lunch	Requests
Saturday <b>Please delete one</b>	Sweet & sour pork Or Cheese potato pie	
Sunday	Roast pork	
Monday <b>Please delete one</b>	Pork chop in apple & cider sauce Or Chilli & rice	
Tuesday <b>Please delete one</b>	Sausage casserole Or Fish pie	
Wednesday	Roast turkey & gammon	
Thursday <b>Please delete one</b>	Hunter chicken Or Ham & egg salad	
Friday <b>Please delete one</b>	Steak & ale pie Or Scampi	

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**

