



## 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 28.09.2024	Beef curry & rice Or Chicken & bacon lattice pie	Lemon & mandarin tart
Sun 29.09.2024	Roast beef	Apple & blackberry crumble & custard
Mon 30.09.2024	Liver & bacon Or Sausage, egg & bacon flan	Rum & raisin sponge & custard
Tue 01.10.2024	Steak & kidney pudding Or Veggie spring roll, rice & stir-fry veg	Bakewell tart & custard
Wed 02.10.2024	Roast pork	Cherry pie & custard
Thurs 03.10.2024	Beef stroganoff, rice & onion rings Or Cumberland pie	Fruit strudel & custard
Fri 04.10.2024	Smoked haddock Or Lamb & rosemary pie	Profiteroles

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.....**28.09.2024**

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

Day	Lunch	Requests
Sat <b>Please delete one</b>	Beef curry & rice Or Chicken & bacon lattice pie	
Sunday	Roast beef	
Monday <b>Please delete one</b>	Liver & bacon Or Sausage, egg & bacon flan	
Tuesday <b>Please delete one</b>	Steak & kidney pudding Or Veggie spring roll, rice & stir-fry veg	
Wednesday	Roast pork	
Thursday <b>Please delete one</b>	Beef stroganoff, rice & onion rings Or Cumberland pie	
Friday <b>Please delete one</b>	Smoked haddock Or Lamb & rosemary pie	

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**

