

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 05.10.24	Sweet & sour chicken	Semolina
Sun 06.10.24	Roast beef & Yorkshire pudding	Gateau
Mon 07.10.24	Pork casserole	Rhubarb crumble with custard
Tue 08.10.24	Roast gammon	Orange sponge with custard
Wed 09.10.24	Cottage pie	Cheesecake
Thurs 10.10.24	Chicken pie	Cherry pie with custard
Fri 11.10.24	Fishcake Or Ham & egg salad	Chocolate whip with fruit & cream

All food is prepared in kitchens where nuts, gluten and other allergens could be present. 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.

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Please delete all meals you do not wish to receive and return your order to the driver or phone 01303 279621.

Name----- 05.09.2024

Please return this half to the centre by Tues 01 Oct

Day	Lunch	Requests
Sat 05.10.24	Sweet & sour chicken	
Sun 06.10.24	Roast beef & Yorkshire pudding	
Mon 07.10.24	Pork casserole	
Tue 08.10.24	Roast gammon	
Wed 09.10.24	Cottage pie	
Thurs 10.10.24	Chicken pie	
Fri 11.10.24	Fishcake Or Ham & egg salad	

A sandwich menu is available on request. Only £1.50 when you order a lunch!

Chairman: Mr B Flavell Treasurer: Mr I Ward 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

