

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	Pork casserole	Profiteroles
Sun 07.07.24	Roast turkey	Pineapple sponge with custard
Mon 08.07.24	Chicken casserole	Sultana sponge with custard
Tue 09.07.24	Roast gammon	Rhubarb crumble with custard
Wed 10.07.24	Cottage pie	Rice pudding
Thurs 11.07.24	Roast chicken	Lemon sponge with custard
Fri 12.07.24	Battered fish Or Beef salad	Jelly 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----- 06.07.2024

Please return this half to the centre by Tues 02 July

Day	Lunch	Requests
Sat 06.07.24	Pork casserole	
Sun 07.06.24	Roast turkey	
Mon 08.07.24	Chicken casserole	
Tue 09.07.24	Roast gammon	
Wed 10.07.24	Cottage pie	
Thurs 11.07.24	Roast chicken	
Fri 12.07.24	Battered fish Or Beef 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

