

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 08.03.25	Chicken casserole	Danish pastries with custard
Sun 09.03.25	Roast gammon	Profiteroles
Mon 10.03.25	Mince beef cobbler	Sultana sponge with custard
Tue 11.03.25	Roast beef & Yorkshire pudding	Cheesecake
Wed 12.03.25	Pork casserole	Apple sponge with custard
Thurs 13.03.25	Beef bourguignon	Apricot sponge with custard
Fri 14.03.25	Fish in parsley sauce Or Ham & egg 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----- 08.03.25

Please return this half to the centre by Tues 04 March

Day	Lunch	Requests
Sat 08.03.25	Chicken casserole	
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Tue 11.03.25	Roast beef & Yorkshire pudding	
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Fri 14.03.25	Fish in parsley sauce Or Ham & egg salad	

A sandwich menu is available on request. Only £1 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

