

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 16.11.24	Sweet & sour chicken	Cherry cheesecake
Sun 17.11.24	Roast pork	Treacle sponge with custard
Mon 18.11.24	Beef hotpot	Fruit flan with cream
Tue 19.11.24	Cottage pie	Apple crumble with custard
Wed 20.11.24	Pork casserole	Chocolate whip with pears
Thurs 21.11.24	Roast chicken	Sultana sponge with custard
Fri 22.11.24	Battered fish or Chicken salad	Danish pastry with custard

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----- 16.11.2024

Please return this half to the centre by Tues 12 Nov

Day	Lunch	Requests
Sat 16.11.24	Sweet & sour chicken	
Sun 17.11.24	Roast pork	
Mon 18.11.24	Beef hotpot	
Tue 19.11.24	Cottage pie	
Wed 20.11.24	Pork casserole	
Thurs 21.11.24	Roast chicken	
Fri 22.11.24	Battered fish or Chicken 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

