

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 21.09.24	Pasta Bolognese	Jam sponge with custard
Sun 22.09.24	Roast pork	Profiteroles
Mon 23.09.24	Beef hot pot	Cheesecake
Tue 24.09.24	Roast gammon	Lemon sponge with custard
Wed 25.09.24	Cottage pie	Apricot crumble with cream
Thurs 26.09.24	Chicken & veg pie	Pear sponge with custard
Fri 27.09.24	Fish in parsley sauce Or Beef salad	Jelly with fruit

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----- 21.09.2024

Please return this half to the centre by Tues 17 Sept

Day	Lunch	Requests
Sat 21.09.24	Pasta Bolognese	
Sun 22.09.24	Roast pork	
Mon 23.09.24	Beef hot pot	
Tue 24.09.24	Roast gammon	
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Fri 27.09.24	Fish in parsley sauce 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

