

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 22.02.25	Sausage, mash & beans	Jam roly-poly with custard
Sun 23.02.25	Roast chicken	Gateau
Mon 24.02.25	Beef stew & dumpling	Plum crumble with custard
Tue 25.02.25	Roast beef & Yorkshire pudding	Banoffee pie
Wed 26.02.25	Lasagne	Strawberry whip with fruit
Thurs 27.02.25	Mince & onion pie	Cherry sponge with custard
Fri 28.02.25	Fishcake Or Beef salad	Semolina

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----- 22.02.25

Please return this half to the centre by Tues 18 Feb

Day	Lunch	Requests
Sat 22.02.25	Sausage, mash & beans	
Sun 23.02.25	Roast chicken	
Mon 24.02.25	Beef stew & dumpling	
Tue 25.02.25	Roast beef & Yorkshire pudding	
Wed 26.02.25	Lasagne	
Thurs 27.02.25	Mince & onion pie	
Fri 28.02.25	Fishcake Or Beef 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

