

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 25.01.25	Cottage pie	Rhubarb crumble with custard
Sun 26.01.25	Roast beef & Yorkshire pudding	Cherry sponge with custard
Mon 27.01.25	Liver & bacon	Banana whip with fruit
Tue 28.01.25	Roast gammon	Banoffee pie
Wed 29.01.25	Beef stew & dumplings	Semolina
Thurs 30.01.25	Chicken pie	Lemon sponge with custard
Fri 31.01.25	Fishcakes Or Chicken salad	Chocolate orange cheesecake

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----- 25.01.25

Please return this half to the centre by Tues 21 Jan

Day	Lunch	Requests
Sat 25.01.25	Cottage pie	
Sun 26.01.25	Roast beef & Yorkshire pudding	
Mon 27.01.25	Liver & bacon	
Tue 28.01.25	Roast gammon	
Wed 29.01.25	Beef stew & dumplings	
Thurs 30.01.25	Chicken pie	
Fri 31.01.25	Fishcakes Or Chicken 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

