

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 29.06.24	Pasta Bolognese	Bananas with custard
Sun 30.06.24	Roast pork	Orange sponge with custard
Mon 01.07.24	Beef hot pot	Chocolate whip with peaches
Tue 02.07.24	Roast chicken	Plum crumble with custard
Wed 03.07.24	Chicken & gammon pie	Mandarin cheesecake
Thurs 04.07.24	Roast beef	Chocolate sponge with custard
Fri 05.07.24	Fish in parsley sauce Or Ham & egg salad	Fruit flan

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----- 29.06.2024

Please return this half to the centre by Wednesday 26 June

Day	Lunch	Requests
Sat 29.06.24	Pasta Bolognese	
Sun 30.06.24	Roast pork	
Mon 01.07.24	Beef hot pot	
Tue 02.07.24	Roast chicken	
Wed 03.07.24	Chicken & gammon pie	
Thurs 04.07.24	Roast beef	
Fri 05.07.24	Fish in parsley sauce Or Ham & egg 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

