

## The Deal Centre, Deal & The Marigold Centre, Folkestone

Visit our website at [ageuk.org.uk/southkentcoast](http://ageuk.org.uk/southkentcoast)  
Please make cheques payable to Age UK South Kent Coast

	Main Meal	Dessert
<b>Sat 30.11.24</b>	<b>Beef stew with dumpling</b>	<b>Cherry sponge with custard</b>
<b>Sun 01.12.24</b>	<b>Roast chicken</b>	<b>Rice pudding</b>
<b>Mon 02.12.24</b>	<b>Lasagne</b>	<b>Jam Roly poly with custard</b>
<b>Tue 03.12.24</b>	<b>Sausage &amp; mash with onion gravy</b>	<b>Toffee cheesecake</b>
<b>Wed 04.12.24</b>	<b>Chicken casserole</b>	<b>Pear crumble with cream</b>
<b>Thurs 05.12.24</b>	<b>Roast beef</b>	<b>Treacle sponge with custard</b>
<b>Fri 06.12.24</b>	<b>Fish cake</b>	<b>Trifle</b>

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----- 30.11.2024

**Please return this half to the centre by Tues 26 Nov**

Day	Lunch	Requests
<b>Sat 30.11.24</b>	<b>Beef stew with dumpling</b>	
<b>Sun 01.12.24</b>	<b>Roast chicken</b>	
<b>Mon 02.12.24</b>	<b>Lasagne</b>	
<b>Tue 03.12.24</b>	<b>Sausage &amp; mash with onion gravy</b>	
<b>Wed 04.12.24</b>	<b>Chicken casserole</b>	
<b>Thurs 05.12.24</b>	<b>Roast beef</b>	
<b>Fri 06.12.24</b>	<b>Fish cake</b>	

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

