



020 8780 9330 (Putney) 020 7228 0245 (Battersea)

Regenerate-RISE is now required by law to list all allergens that are contained within the ingredients that we cook with. This will vary every month, so please - if you are allergic to any of the ingredients listed, please inform the Cook

Regenerate-RISE has 5 Scores on the Door and continues to aim to provide a high quality meal with variety, fresh foods and home-made cooking as far as possible. If you would like an alternative please inform the Cook before 10.30 am on the day

BREAKFAST MENU SERVED UP TO 10.30 AM
Toast, Scrambled Egg, Bacon and Tomato (£4.00)
TOASTED SANDWICHES (Cheese or Bacon) £2.50
TOAST AND JAM with Tea/Coffee £1 per slice
CEREAL with Milk £1
CEREAL WITH TOAST/TEA £2

Tea and Coffee 50p
Transport to the Centre: £4 Return
Membership: £1 per week

Alternatives

Jacket Potato with Cheese/Baked Beans and Salad
Corned Beef, Salmon, Tuna or Sardine Salad with Potatoes
Cheese or Tomato Omelette with Salad or vegetables of the day
Fish in Parsley Sauce with the vegetables of the day
Fish in Batter with the vegetables of the day

Tinned Fruit with Cream/Ice Cream

Welcome to Regenerate-RISE
We hope you enjoy your meal

Menu April 2019

The Cost of Lunch is £6 including Lunch, Dessert and a Juice

- Monday, 8** **Fish and Chips (Putney)**
Gammon with Pineapple, Parsley Sauce, Peas, Fresh Tomatoes and Chips
Strawberry Cheesecake and Ice Cream (Putney)
Apple Pie and Custard (Battersea)
- Tuesday, 9** **Shepherds Pie, Sweet Potato Wedges and Mixed Veg Vientetta**
- Wednesday, 10** **Lamb Casserole with Dumplings, Carrots, Cauliflower And Roast Potatoes**
Strawberry Gateaux and Ice Cream
- Friday, 12** **Sausages, Onions, Broccoli, Peas and Mashed Potatoes (Putney)**
Fish and Chips with Salad and Peas (Battersea)
Banana Split with Ice Cream
- Saturday, 13** **Roast Beef, Yorkshire Pudding, Brussel Sprouts, Carrots and Roast Potatoes with Horseradish Sauce**
Home-made Trifle
- Monday, 15** **Chicken wrapped in Bacon, Broccoli, Swede and New Potatoes**
Rice Pudding and Jam
- Tuesday, 16** **Sliced Pork, Apple Sauce, Yorkshire Pudding, Cauliflower, Peas and Roast Potatoes**
Plum Pie and Custard
- Wednesday, 17** **Steak and Kidney Pie, Spinach, Carrots and Mashed Potatoes**
Orange Tart and Ice Cream

Friday, 19	CLOSED—Good Friday
Monday, 22	CLOSED—Bank Holiday Monday
Tuesday, 23	Sausage Casserole, Savoy Cabbage, Peas and New Potatoes Bakewell Tart and Custard
Wednesday, 24	Braised Beef with Onions, Broccoli, Roast Parsnips and Mashed Potatoes Pancakes with Peaches and Ice Cream
Friday, 26	Turkey Roast, Yorkshire Pudding, Brussel Sprouts, Carrots and Roast Potatoes Tropical Fruit with Double Cream
Monday, 29	Cottage Pie with Cabbage and Mixed Vegetables Strawberry Angel Delight with Shortbread, Strawberries And Ice Cream
Tuesday, 30	Boiled Bacon, Parsley Sauce, Runner Beans, Peas and Saute Potatoes Apple Strudel and Custard

The Trustees and Staff of Regenerate-RISE

wish you a very

Happy Easter

If you would like to come to Hillsong on Easter Sunday please let Simon know

Allergens in April's Menu

*Pastry: Wheat; Cream: Milk;
Gravy: Wheat, Celery, Barley, Soya and Milk;
Dumplings: Wheat; Yorkshire Pudding: Wheat;
Fish: Fish; Salmon, Tuna, Sardines: Fish; Fish in Batter: Fish, Milk, Wheat; Steak and Kidney Pie: Wheat; Parsley Sauce: Milk; Yoghurts: Milk; Cheese: Milk Cream Crackers: Wheat; Apple Pie: Wheat; Ice Cream: Milk; Vienetta: Milk; Gateaux: Wheat, Eggs, Milk; Orange Tart: Wheat; Bakewell Tart: Wheat; Pancakes: Wheat, Milk, Eggs; Shortbread: Wheat; Strudel: Wheat; Custard: Milk; Flan case: Wheat, Milk; Rice Pudding: Milk; Trifle: Wheat, Milk; Plum Pie: Wheat; Cheesecake: Wheat, Eggs, Milk; Toast: Wheat: Butter, milk*

Please continue to be watch your belongings when out and about as there are a number of incidents in the community where bags are being snatched

The Café will be resuming on Saturday, 13 April 2019

As you are aware, Simon is leaving on 30 April, Julia is leaving at the end of May and also sadly, we have made Jade redundant due to the fact that we will not be able to go on outings every week. This is because it is unlikely that Simon's replacement will be able to drive a minibus and we will be changing the outings to being once a month. We are therefore advertising for a Head of Elderly Services to take both Simon and Julia's place. Jackie will be the Pastoral Care Co-ordinator and we will be recruiting a new Administrator. Ramona is staying as the Support Worker

We are advertising for a Cook for SW15 and Laurie will be transferring to SW11 when the Cook is appointed. We are also advertising for a cleaner and already have an applicant interested.

I know this will be unsettling for everyone and that we will miss all three staff when they leave as we have all appreciated them all very much indeed. We will have prospective applicants visiting the Centre, so please make them feel welcome. We want to assure you that we will continue to provide care and support to you in every way we can. If you have any questions please do not hesitate to ask Mo, Simon or Julia.