



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

If you would like an alternative to what is on the Menu, 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/70p
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
Fruit Yoghurt or Cheese & Biscuits

Welcome to Regenerate-RISE
We hope you enjoy your meal

Menu February 2020

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

- Monday, 3** **Gammon Pie with Cider & Apples, Mushrooms, Peas
New Potatoes and Parsley Sauce
Ginger Cake and Custard**
- Tuesday, 4** **Shepherds Pie, Cabbage and Carrots
Raspberry Pavlova with Raspberry Ripple Ice Cream**
- Wednesday, 5** **Chicken Casserole with Dumplings, Roast Parsnips,
Cauliflower and Mashed Potatoes
Cherry Pie and Custard**
- Friday, 7** **Sliced Pork with Apple Sauce, Carrot & Swede Mix,
Yorkshire Pudding, Broccoli and Roast Potatoes
Pear Flan and Ice Cream**
- Monday, 10** **Roast Chicken, Stuffing, Yorkshire Pudding, Peas,
Brussel Sprouts and Roast Potatoes
Tropical Fruit and Double Cream**
- Tuesday, 11** **Savoury Minced Beef Pie, Fresh Greens, Carrots and
New Potatoes
Lemon Cheesecake and Ice Cream**
- Wednesday, 12** **Lamb Curry with Rice/Lamb Casserole with Mixed
Vegetables and Boiled Potatoes
Pineapple Upside Down Cake with Custard**
- Friday, 14** **CLOSED IN PUTNEY - Valentines Party in Battersea
Sausages, Onions, Green Beans, Roast Parsnips and
Mashed Potatoes
Profiteroles and Ice Cream**

Saturday, 15	Turkey Butterfly, Yorkshire Pudding, Stuffing, Peas, Carrots and Roast Potatoes with Redcurrant Jelly Home made Trifle
Monday, 17	Sweet and Sour Pork with Pineapple and Rice or Mixed Vegetables and Boiled Potatoes Meringue Nest with Mixed Fruit and Spray Cream
Tuesday, 18	Chicken and Bacon Pasta Bake with Peas and Side Salad Bananas and Custard or Bananas with Ice Cream and Chocolate Sauce
Wednesday, 19	Pork Chop with Apple Sauce, Roast Parsnips, Broccoli And Mashed Potatoes Bread and Butter Pudding with or without Custard
Friday, 21	Boiled Bacon with a Ring of Pineapple, Whole Tomato, Peas and Saute Potatoes Fresh Fruit and Ice Cream
Monday, 24	Chicken wrapped in Bacon, Runner Beans, Cauliflower And Mashed Potatoes Strawberry Gateaux and Ice Cream/Spray Cream
Tuesday, 25	Lamb and Vegetable Pie, Brussel Sprouts, Courgettes And New Potatoes Hot Pancakes with Lemon, Bananas and Ice Cream
Wednesday, 26	Roast Beef , Yorkshire Pudding, Carrots, Cabbage, Roast Potatoes and Horseradish Sauce Rhubarb Crumble and Custard
Friday, 28	Fish and Chips from the Fish Shop with Mushy Peas or Baked Beans and a Slice of Bread and Butter Peach Tart and Ice Cream

Allergens in February's Menu

Pastry: Wheat; Cream: Milk; Gravy: Wheat, Celery, Barley, Soya and Milk; Yorkshire Pudding: Wheat; Ginger Cake: Wheat; Raspberry Pavlova: Eggs; Dumplings: Wheat; Pear Flan: Wheat; Cheesecake: Wheat; Pineapple Up-side Down Cake: Wheat, Eggs, Milk; Profiteroles: Wheat, Milk; Trifle: Wheat, Milk; Meringue: Eggs; Pasta: Wheat; Custard: Milk; Ice Cream: Milk; Strawberry Gateaux: Wheat, Milk, Eggs; Pancakes: Wheat, Eggs; Shortbread: Wheat; Salmon, Tuna and Fish: Fish; Tart: Wheat

Update on Reablement Centre

Our current plan is that SW15 will be moving from the Platt Centre to Boyd Court on Monday, 1 June and will be there on Mondays, Tuesdays and Fridays. Lunch will be served at the usual time and there will be activities as normal throughout those days. Transport will be provided as normal and if you normally walk to the Centre and require transport, please let Julia know. We are looking for a different venue for Wednesdays.

There will be no significant changes to the daily service provided at St Michael's.

From 1 April, we are raising the cost of transport to £5 for a return journey and membership will be £2 a week for both Centres. The grant that Wandsworth give us remains the same as previous years but the cost of living has risen and therefore to balance the income with expenditure, we have to put those two price rises in place.

We will be closed for Staff Training on Tuesday, 3 March where all staff will be trained as Fire Marshalls which is invaluable for your safety in the event of a fire.

A Reminder

The policy of Regenerate-RISE has always been (and has not changed) to **not** save seats. However, we are giving members the option to move to a different table if they wish to sit with their friends on a particular day. Recently I heard the fact that if a person feels isolated or rejected by a person, the pain is as harmful as that of physical pain and the Trustees, who care about everybody's welfare, are not going to advocate the phrase "no you can't sit there" to anyone who attends our Centres. As we move forward with our new Reablement Centre, we will have different guests every day joining us for lunch. We understand that you want to sit with friends and the staff will do their best to facilitate that on a different table, if necessary.

We want to be a community where no-one leaves our Centres feeling isolated or rejected, but everyone feels included and valued - and we need your help to ensure that this is outworked. We would appreciate your co-operation.

Hairdresser

Sharon will be joining us on 3 February on Monday and Wednesday between 10 am and 12 noon to provide a hairdressing service. Please speak to Julia if you need early transport or would like to book your hair to be done.