



Reaching the Isolated Elderly

**020 8780 9330**

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 Small cup 50p, Mug 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 for August 2017

**Lunch with Dessert and Fruit Juice: £5.50**

- Monday, 31**      **Shepherds Pie, Cauliflower and Peas**  
**Strawberry Gateaux and Ice Cream/Cream**
- Tuesday, 1**      **Hunters Chicken, Cabbage, Roast Parsnips and**  
**New Potatoes**  
**Ice Cream Roll with Oranges**
- Wed, 2**          **Sausages, Onions, Broccoli, Carrots ad Mashed**  
**Potatoes**  
**Lemon Drizzle Cake with Custard**
- Friday, 4**        **Fish Pie with Mixed Vegetables and Courgettes**  
**Pancakes with Peaches and Ice Cream or Cream**
- Monday, 7**        **Pork Chop, Apple Sauce, Green Beans, Carrot and**  
**Swede Mix with Boiled Potatoes**  
**Mint Chocolate Ice Cream Sundae**
- Tuesday, 8**       **Turkey Breast, Cauliflower, Brussels Sprouts and**  
**Roast Potatoes**  
**Pear Flan and Cream**
- Wed, 9**          **Lamb Casserole with Dumplings, Carrots, Peas and**  
**Saute Potatoes**  
**Strawberry Surprise**
- Friday, 11**       **Chicken Pasta Bake, Mixed Vegetables and Salad**  
**Apple Crumble and Custard**

**WE ARE CLOSED FROM 14 AUGUST—20 AUGUST FOR STAFF HOLIDAYS**

- Monday, 21** Sweet and Sour Pork with Pineapple and Rice or Pork Casserole with Peas, Cauliflower and Potatoes  
Banana Split
- Tuesday, 22** Chicken wrapped in Bacon, Sweet Potato Wedges, Sliced Green Beans and Mashed Potatoes  
Meringue Nest, Strawberries and Ice Cream
- Wed, 23** Roast Beef, Yorkshire Pudding, Red Cabbage, Brussels Sprouts and Roast Potatoes with Horseradish Sauce  
Sticky Ginger Bread with Custard
- Friday 25** Battered Cod, Baked Beans, Tomatoes and Chips  
Lemon Tart and Cream
- Monday, 28** CLOSED FOR BANK HOLIDAY
- Tuesday, 29** Chicken and Mushroom Pie, Spinach, Carrots and Mashed Potatoes  
Fruits of the Forest Strudel with Custard
- Wed, 30** Boiled Bacon, Parsley Sauce, Pineapple, Peas, Tomatoes and New Potatoes  
Summer Pudding with Whipped Cream
- Friday, 1 Sept** Spaghetti Bolognese or Minced Beef with Green Beans, Mushrooms and Boiled Potatoes  
Tropical Fruit with Ice Cream

**Enjoy your meal**

**Allergens in July's Menu**  
*Pastry/Flan: Wheat; Cream: Milk*  
*Yorkshire Puddings: Wheat*  
*Gravy: Wheat, Celery, Barley, Soya, Milk*

*Custard: Milk; Pasta Bake: Wheat*  
*Sticky Ginger Bread: Wheat, Eggs, Milk; Spaghetti: Wheat*  
*Summer Pudding: Wheat, Milk, Eggs*  
*Meringue: Eggs; Pancakes: Milk, Egg;*  
*Pear and Chocolate Crumble: Wheat, Milk;*  
*Strawberry Gateaux: Egg, Wheat;*  
*Hunters Chicken: Barley, Soya, Wheat; Ice Cream Roll: Milk, Egg, Wheat*  
*Lemon Drizzle Cake: Wheat, Eggs, Milk;*  
*Toast: Wheat: Butter, milk*  
*Salmon, Tuna, Sardines: Fish*  
*Fish in Batter: Fish, Milk, Wheat*  
*Fish Pie: Fish and Milk*  
*Yoghurts: Milk*  
*Cheese: Milk Cream Crackers: Wheat*

\*\*\*\*\*  
**Saturday, 26 August - local resident is opening their garden for a party specifically for Regenerate-RISE - please give your name to Robert or Simon - transport will be provided 2 pm**

\*\*\*\*\*  
**We have the privilege of going to Pure Hair again on Tuesday, 29 August. Tea and refreshments will be provided and Ray and Mo will be driving you to Lightwater. There are 12 places so if you would like a free wash and blow dry by the Apprentices, please put your names down. There will not be time for lunch on that day as we will be leaving around 11.30 - if you would like to go and would like a late breakfast at 11 am, please request it from Lisa**

\*\*\*\*\*  
**There will not be a café in August**

\*\*\*\*\*  
**Hillsong will be on as usual throughout August and on 27 August Church will be held at the Victoria Theatre in Woking - if you would like to come, please let Michael know**  
\*\*\*\*\*