



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

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| 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
