



**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 June 2018

- Friday, 1** Salmon with white sauce, Peas, Green Beans and New Potatoes  
Strawberry Flan and Ice Cream
- Monday, 4** Spaghetti Bolognese/Minced Beef with Mashed Potatoes and Mixed Vegetables  
Hot pancakes with Peaches and Ice Cream
- Tuesday, 5** Steak and Mushroom Pie, Broccoli, Carrots and Roast Potatoes  
Rice Pudding and Jam
- Wednesday, 6** Hunters Chicken, Peas, Roast Parsnips and New Potatoes  
Ginger Cake and Custard
- Friday, 8** Gammon with Pineapple, Mushrooms, Fresh Tomatoes and Saute Potatoes  
Fresh Fruit and Double Cream
- Monday, 11** Cottage Pie, Red Cabbage and Cauliflower  
Plums and Custard
- Tuesday, 12** Chicken Pasta Bake, Peas and Salad  
Meringue Nests with Mixed Berries and Ice Cream
- Wednesday, 13** Lamb Hot Pot, Savoy Cabbage and Carrots  
Apple Pie and Custard
- Friday, 15** Roast Pork, Yorkshire Pudding, apple Sauce Brussels Sprouts, Roast Parsnips and Roast Potatoes  
Chocolate Gateaux and Spray Cream

- Monday, 18** Sausages with Onions, Peas, Fine Green Beans and Mashed Potatoes  
Pear and Peach Crumble with Custard
- Tuesday, 19** Chicken Supreme, Broccoli, Fine Green Beans and Potato Wedges  
Jelly with Fruit and Ice Cream
- Wednesday, 20** Sweet and Sour Pork with Rice or Mixed Vegetables and Boiled Potatoes  
Orange Cheesecake and Ice Cream
- Friday, 22** Fish in Batter, Mushy Peas, Tomatoes and Chips with Bread and Butter  
Tropical Fruit and Cream
- Monday, 25** Chicken Casserole with Dumplings, Cauliflower, Carrots And Boiled Potatoes  
Chocolate Pudding with Chocolate Custard
- Tuesday, 26** Pork Chops, Brussels Sprouts, Red Cabbage and Roast Potatoes with Apple Sauce  
Profiteroles and Ice Cream
- Wednesday, 27** Roast Beef, Yorkshire Pudding, Mashed Swede, Broccoli And Roast Potatoes with Horseradish Sauce  
Lemon Drizzle Cake with Custard
- Friday, 29** Boiled Bacon with Pineapple and Parsley Sauce, Peas, Mushrooms and Saute Potatoes  
Pear Flan and Ice Cream

## Enjoy your Meal

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### GDPR (General Data Protection Regulations)

A reminder, if you haven't done so, to bring back your signed forms giving us permission to keep your personal details - if you would like any further information, please speak to a member of staff

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## Allergens in June's Menu

*Pastry: Wheat; Cream: Milk;*  
*Gravy: Wheat, Celery, Barley, Soya and Milk;*  
*Parsley Sauce: Milk; Flan: Wheat;*  
*Crumble: Wheat; Pasta Bake: Milk, Eggs; Dumplings: Wheat;*  
*Custard: Milk; Rice Pudding: Milk;*  
*Pancakes: Wheat, Eggs and Milk; Apple Pie: Wheat;*  
*Chocolate Gateaux: Milk, Eggs, Wheat;*  
*Yorkshire Pudding: Wheat; Dumplings: wheat; Pasta: Wheat;*  
*Cheesecake: Wheat, Eggs, Milk; Meringue: Eggs*  
*Lemon Drizzle Cake: Wheat, Milk, Eggs, Lemon;*  
*Pancakes: Wheat, Egg; Ginger Cake: Wheat, Eggs, Milk;*  
*Toast: Wheat: Butter, milk; Salmon, Tuna, Sardines: Fish;*  
*Yoghurts: Milk; Cheese: Milk Cream Crackers: Wheat*  
*Ice Cream: Milk; Yorkshire Pudding: Wheat;*  
*Parsley Sauce: Milk; Spaghetti: Wheat, Eggs*

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From 25 June 2018 the clients from Battersea will be joining Putney while their Centre is undergoing a total refurbishment. This will be for a period of approximately 10 weeks. Transport will be provided for everyone wishing to attend Putney whilst Battersea is closed.

Similarly when the Platt Centre is closed during the New Build, Putney will be attending Battersea one day a week and transport will be offered to all those wishing to attend

The staff of both Putney and Battersea look forward to making everyone feel welcome and we look forward to building new friendships

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**Curry Night - Monday, 18 June at the Putney Tandoori at 7 pm  
£25**

All profit goes to the new Reablement Centre  
Please let Julia know if you would like to attend - you are very welcome to bring family and friends

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