



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 March 2017

Lunch with Dessert and Fruit Juice: £5.50

- Monday, 13** Sweet and Sour Pork with Rice or Pork Casserole with Boiled Potatoes, Broccoli and Carrots
Fresh Fruit Salad and Ice Cream
- Tuesday, 14** Chicken and Mushroom Pie, Roast Parsnips, Cauliflower and Mashed Potatoes
Pancakes with Peaches and Ice Cream
- Wednesday, 15** Spaghetti Bolognese or Minced Beef with Peas, Cabbage and New Potatoes
Florida Raspberry Pie and Ice Cream
- Friday, 17** Turkey Roast, Yorkshire Pudding, Brussels Sprouts, Sliced Green Beans and Roast Potatoes
Banana Cake and Custard
- Saturday, 18** CAFÉ @ PLATT
- Monday, 20** Gammon, Pineapple, Tomato, Peas and Saute Potatoes
Pear and Blackberry Crumble with Custard
- Tuesday, 21** Chicken Casserole with Dumplings, Carrots, Cauliflower and New Potatoes
Chocolate Tart with fresh Strawberries
- Wednesday, 22** Shepherds Pie, Broccoli and Roast Parsnips
Home Made Individual Trifles
- Friday, 24** Fish Pie, Corgettes and Mixed Vegetables
Eve's Pudding with Custard

Monday, 27 **Sausages with Onions, Red Cabbage, Peas
And Mashed Potatoes
Jam and Coconut Sponge with Custard**

Tuesday, 28 **Lamb Casserole, Roast Parsnips, Brussels
Sprouts and Boiled Potatoes
Pear and Blackberry Crumble with Custard**

Wednesday, 29 **Chicken Thighs, Stuffing, Carrot and Swede
Mix, Cabbage and Roast Potatoes
Tropical Fruit and Ice Cream**

Friday, 31 **Pork Chop, Apple Sauce, Cauliflower, Sliced
Green Beans and New Potatoes
Orange Flan and Ice Cream**

Enjoy your meal

Bluebird Care recently did a fundraising day for the Reablement Centre at ASDA and raised £289.01—a great success.

On Easter Saturday, 15 April we will be at ASDA bag packing to raise funds for the Reablement Centre—if anyone would like to come and help you would be very welcome. Please let Mo know.

This is a reminder that we will be selling Salads or Sandwiches for you to take home, please speak to Lisa if you are interested

Please remember to complete the Comments Cards if you would like to make any comments: either good or bad - we need to hear from you as to whether we should be changing anything

Allergens in February's Menu

*Pastry in Pies: Wheat; Cream: Milk
Yorkshire Puddings: Wheat;
Trifle: Wheat; Milk;
Gravy: Wheat, Celery, Barley, Soya, Milk
Crumble/Pastry: Wheat, milk;
Sponge: Wheat, egg, milk
Pasta: Wheat; Stuffing: Wheat
Pancakes: Wheat, Egg and Milk;
Dumplings: Suet, Flour
Chocolate Tart: Milk, Cream, Egg
Custard: Milk
Stuffing: Wheat
Orange Flan: Wheat, Egg, Soya, Milk
Toast: Wheat: Butter, milk
Salmon, Tuna, Sardines: Fish
Fish in Parsley Sauce: Fish, Milk, Wheat
Fish Pie: Fish, Milk
Yoghurts: Milk
Cheese: Milk; Cream Crackers: Wheat*

We are offering Fish in Batter as an alternative to the menu. It will be served with the Vegetables of the day. Fish in Parsley Sauce is also still available

We go to Hillsong Church every Sunday in Guildford - Church in the G-Live Theatre - cost of transport is £5
Tea and cakes are provided after the service

**Friday, 17 March - evening fundraising event
“Sounds of the Sixties” Bingo Bonanza 7 pm
With Raffle and Quiz in Interval**

The Pancake Party raised £117 which is being given to the Church Urban Fund who initiated the World Pancake Day to raise awareness of poverty amongst children in the UK
