

Alternatives

Please Order any Alternative Meals in Advance

Jacket Potato with Cheese and Salad

Fish with vegetables of the day

Fruit with Cream / Ice Cream or Fruit Yoghurt

Allergens in ingredients in this month's Menu

For a full list of Allergens please speak to either Lynda or Angela who will be able to discuss these in full with you.

Regenerate-RISE is a registered charity No 1118543 Company Limited by Guarantee No 5758108
Registered Office: The Platt Christian Centre, 22 Felsham Road, London SW15 1DA



eaching the ISolated Elderly



August 2017

RISE Nottingham – for the over 60s

RISE Nottingham
Clifton Methodist Church,
Rivergreen, Clifton
Nottingham, NG11 8AU

Tel. 0115 984 4269

Mob. 0758 544 0564

email: lyndablyth@regenerate-rise.co.uk

The Together Lunch Club Meets each Wednesday at
Hope Church, Southchurch Drive between 10am-3pm.

Cost £10

For more details call: 07592 638453

Friday 4th August from 10am

Morning – Chair based exercises

Afternoon – Bingo

Roast Pork, Roast Potatoes with Red cabbage and
Green Beans, Stuffing Balls and Gravy.

Rice Pudding with Strawberry Jam.

Friday 11th August from 10am

Morning – Puzzles and Games

Afternoon – Bingo or Film

Beef Meatballs, Mashed Potato, Savoy Cabbage,
Peas, Onion Gravy

Bread and Butter Pudding with Custard

Friday 18th August

CLOSED

Friday 25th August

CLOSED

Two course meal and drink for £5.50