

## Alternatives

Please Order any Alternative Meals in Advance

**Jacket Potato with Cheese and Salad**

**Fish with Potatoes and Vegetables of the day**

**Fruit with Ice Cream, Ice Cream or Raspberry Ripple  
Mousse**

### 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



# April 2018

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**RISE Nottingham – for the over 60s**

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RISE Nottingham  
Clifton Methodist Church,  
Rivergreen, Clifton  
Nottingham, NG11 8AU  
Tel. 0115 984 4269  
Mob. 07585 440564

email: [lyndablyth@regenerate-rise.co.uk](mailto: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 6<sup>th</sup> April from 10am**

Morning – Pétanque and Word Search.  
Afternoon – Bingo.

French Cassoulet, French Bread.

Tarte Citron with Chantilly Cream.

**Friday 13<sup>th</sup> April from 10am**

Morning – Word Search and Cake Decoration.  
Afternoon – Cake Sale.

Chicken Wrapped in Bacon, Roast Parsnips, Green Beans, New Potatoes and Gravy.

Chocolate Brownie and Custard.

**Friday 20th April from 10am**

Morning – Newspapers and Ball Games.  
Afternoon – Bingo.

Pork, Savoy Cabbage, Carrots, New Potatoes,  
Stuffing Balls and Gravy.

Rice Pudding and Strawberry Jam.

**Friday 27<sup>th</sup> April from 10am**

Morning – Ball game and Exercise.  
Afternoon – Ruddington Community Choir.

Beef Stew, Dumplings and Bread Roll.

Trifle.

**Two course meal and drink for £5.50**