

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 Yvonne 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 2019

RISE Nottingham – for the over 60s

RISE Nottingham
Clifton Methodist Church,
Rivergreen, Clifton
Nottingham, NG11 8AU
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Mob. 07585 440564
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The Together Lunch Club

**Meets each Wednesday at Hope Church,
Southchurch Drive between 10am-3pm.**

Cost £10 For more details call: 07592 638453

Friday 5th April from 10am

Morning – Word searches and chat

Afternoon – Bingo

Meat Pies, New potatoes, Carrots, Peas and gravy

Strawberry Gateaux

Friday 12th April from 10am

Morning – News papers

Afternoon – Easter Craft

Lancashire Hotpot, Cabbage and Cauliflower,

Apple Pie and custard

Friday 19th April from 10am

Good Friday – Closed

Friday 26th April from 10am

Morning – Ball Game and Exercise

Afternoon – Quiz

**Breaded Fish, New potatoes, Carrots, Green Beans
and parsley sauce**

Treacle Sponge and custard

Two course meal and drink for £6