

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



December 2018

RISE Nottingham – for the over 60s

RISE Nottingham
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Rivergreen, Clifton
Nottingham, NG11 8AU
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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 7th December from 10am

Morning – Ball Game and Exercise
Afternoon – Christmas Quiz

Italian Chicken, Roasted Vegetables, Roasted Herb
potatoes

Italian Peaches and Cream

Friday 14th December from 10am

Morning – Christmas Decoration Making
Afternoon – Musical Bingo

Sausage and Bacon Casserole, Boiled Potato,
French bread

Bread and Butter pudding and Custard

Friday 21st December from 10am

CHRISTMAS DINNER & PARTY

Morning – Wordsearch
Afternoon – Christmas sing-a-long

Brie and Cranberry Crackers

Turkey, Brussel Sprouts, Roast Parsnips, Roast
Potatoes, Stuffing balls, Pigs in blankets,
Cranberry sauce and Gravy.

Mince Pie and cream or Cheese board

Special Christmas Raffle Draw

Friday 28th December

CLOSED for Christmas break

Two course meal and drink for £5.50