

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



February 2019

RISE Nottingham – for the over 60s

RISE Nottingham
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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 1st February from 10am

Morning – Word searches and chat
Afternoon – Bingo

Breaded Fish, New Potatoes, Petit Pois, Carrots,
and Parsley Sauce

Gateaux

Friday 8th February from 10am

Morning – Ball game and Exercise
Afternoon – Play your cards right

Cottage Pie, Cabbage, swede, Gravy

Pear Eve's Pudding and custard

Friday 15th February from 10am

Morning – Newspapers
Afternoon – Quiz

Roast Pork with stuffing, Mashed potato, Carrots,
Brussel Sprouts, and Gravy

Chocolate Sponge and Custard

Friday 22rd February from 10am

Morning – Ball game and Exercise
Afternoon – Sing-a-long with Musical Instruments

Beef Stew, Mashed Potatoes,

Fruit salad and cream

Two course meal and drink for £5.50