

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



January 2018

RISE Nottingham – for the over 60s

RISE Nottingham
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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 January from 10am

Morning – Word searches and chat
Afternoon – Craft

Cottage Pie, Green beans, Carrots and Gravy

Strawberry Gateaux

Friday 12th January from 10am

Morning – Ball game and Exercise
Afternoon – Musical Bingo

Beef Pie, Cauliflower, Peas, New potatoes and
onion gravy

Bread and Butter pudding and custard

Friday 19th January from 10am

Morning – Newspapers
Afternoon – Bingo

Pork steaks, Savoy Cabbage, Carrots, New
Potatoes, stuffing balls and gravy

Cheesecake

Friday 26th January from 10am

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

Roast Beef, Yorkshire Pudding, Peas, Cauliflower,
New Potatoes, and Gravy

Apple crumble and Custard

Two course meal and drink for £5.50