

## 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



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# July 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> July from 10am**

**Morning – Word Searches**

**Afternoon – Sing-a-long**

**Roast Pork Loin, Roast Parsnips, Cabbage, Stuffing  
Balls, Roast Potatoes and Apple Sauce**

**Chocolate Brownie and Custard.**

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

**Morning – Ball games and Exercise**

**Afternoon - Bingo**

**Italian Chicken, Roasted Veg, Baby New Potatoes  
in Jackets**

**Tiramisu**

**Friday 20<sup>th</sup> July from 10am**

**Morning – Dominoes, cards or colouring**

**Afternoon – Quiz**

**Quiche, Salad, New Potatoes**

**Fruit and Meringue**

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

**Morning – Word Searches and Exercise.**

**Afternoon – Members Meeting**

**Sausage and Mash, Peas and Green Beans, Gravy**

**Apple Crumble and Custard**

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