

## 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



# June 2018

---

**RISE Nottingham – for the over 60s**

---

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 1<sup>st</sup> June from 10am**

Morning – Word Searches

Afternoon – Bingo.

Boiled Bacon, Cauliflower, Broccoli, Yorkshire  
Pudding, roast potatoes and gravy

**Ginger Sponge and Custard.**

**Friday 8<sup>th</sup> June from 10am**

Morning – Ball games and Exercise

Afternoon – Outing to Bradmore garden centre  
& Sing-a-long

Chicken and Bacon, Green Beans, Carrots, New  
Potatoes and Gravy.

**Strawberry or Chocolate Gateaux**

**Friday 15<sup>th</sup> June from 10am**

Morning – Word Searches

Afternoon – Outing to Bradmore garden centre  
& Quiz

Chicken and Sausage Casserole with Beans and  
Veg, French Bread

**Fruit Tart and Cream**

**Friday 22<sup>nd</sup> June from 10am**

Morning – Cake Decorating and Exercise.

Afternoon – Bingo and cake sale

Roast Beef, Yorkshire Pudding, Brussel Sprouts,  
Carrots, Roast Potatoes and Gravy

**Strawberry Cheesecake**

**Friday 29<sup>th</sup> June from 10am**

Morning – Newspapers and Ball game

Afternoon – Musical Bingo

Beef Meatballs, Peas, Cauliflower, New potatoes  
and Gravy

**Fresh fruit salad, meringue and cream**

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