

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
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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 June from 10am

Morning – Word Searches

Afternoon – Bingo.

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

Ginger Sponge and Custard.

Friday 8th 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 15th 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 22nd 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 29th 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