

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 2019

RISE Nottingham – for the over 60s

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Friday 7th June from 10am

Morning – Word Searches

Afternoon – Bingo

**Roast Pork, Stuffing, Apple Sauce,
Cabbage, Carrots, Roast Potatoes and
Gravy.**

Fruit Trifle

Friday 14th June from 10am

Morning – Ball games and Exercise

**Afternoon – Musical Bingo and Sing a
Long**

**Chicken & Bacon, Broccoli, Green Beans,
New Potatoes and Gravy**

Treacle Sponge and Custard.

Friday 21st June from 10am

Morning – Word Searches and Exercise.

Afternoon – Bingo

**Breaded Fish, New potatoes, Mushy
Peas, Carrots and Parsley Sauce**

Apple Pie & Custard

Friday 28th June from 10am

Morning – Newspapers and Ball game

Afternoon – Quiz

**Sausage Parcels, Cauliflower Cheese,
Peas, New potatoes**

Fruit Salad, Meringue & Cream.

Two course meal and drink for £6