

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 Yvonne 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



March 2020

RISE Nottingham – for the over 60s

RISE Nottingham
Clifton Methodist Church,
Rivergreen, Clifton
Nottingham, NG11 8AU
Tel. 0115 984 4269
Mob. 07585440564

email: lyndablyth@regenerate-rise.co.uk

Friday 6th March from 10am

Morning – Wordsearches

Afternoon – Quiz

Shepherd's Pie, Broccoli, Carrots, and gravy

Sponge pudding and Custard

Friday 13th March from 10am

Morning – Chair based exercise

Afternoon – Musical Bingo / sing-a-long

Breaded Fish, Roast Potatoes, Cauliflower and
Mushy Peas and Parsley Sauce

Ginger Sponge and Custard

Friday 20th March from 10am

Morning – Word searches and Exercise

Afternoon –Bingo

Gammon, Boiled Potatoes, Cabbage and carrots
and gravy

Strawberry Cheesecake

Friday 27th March from 10am

Morning – Newspapers & Chair based Exercise

Afternoon – African Drumming Workshop

Steak Pie, New Potato, Peas and Parsnips and
Gravy

Apple pie and custard

Two course meal and drink for £6