

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



May 2018

RISE Nottingham – for the over 60s

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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 4th May from 10am

Morning – Word Searches
Afternoon – Bingo.

Cottage Pie, Carrots, green beans and gravy.

Apple Crumble and Custard.

Friday 11th May from 10am

Morning – Ball games and Exercise
Afternoon – Sing-a-long with Instruments

Sausage and Onions, Garden peas, Brussel sprouts,
Mash Potatoes and Gravy.

Ginger Sponge and Custard.

Friday 18th May from 10am

Italian Week

Morning – Word Searches and Exercise.
Afternoon – Bingo.

Chicken and Mushroom Pasta Bake, Garlic bread or
Ciabatta

Tiramisu

Friday 25th May from 10am

Morning – Newspapers and Ball game
Afternoon – Quiz

Breaded fish, Mushy Peas, Cauliflower, Parsley
sauce and New potatoes

Strawberries and Ice cream

Two course meal and drink for £5.50