

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 2019

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 3rd May from 10am

Morning – Word Searches

**Afternoon – Outing to Bradmore Garden Centre
or Musical Bingo**

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

Strawberries and Ice cream

Friday 10th May from 10am

Morning – Ball games and Exercise

**Afternoon – Outing to Bradmore Garden Centre
or Craft afternoon**

**Roast Beef and Yorkshire pudding, Broccoli,
Carrots, New potatoes and Gravy**

Spotted Dick and Custard.

Friday 17th May from 10am

Morning – Word Searches and Exercise.

Afternoon – Quiz

**Steak Pies, Mashed potatoes, Carrots, Peas and
gravy**

Cheesecake

Friday 24th May from 10am

Morning – Newspapers and Ball game

Afternoon – Bingo

**Gammon, Cauliflower, Roast Parsnips, New
potatoes**

Apple Crumble and Custard.

Friday 31st May from 10am

Morning – Newspapers and Ball game

Afternoon – Sing-a-long with Instruments

Cottage Pie, Carrots, green beans and gravy.

Chocolate Gateaux

Two course meal and drink for £6