

Alternatives

Please Order any Alternative Meals in Advance

Jacket Potato with Cheese and Salad

Fish with vegetables of the day

Fruit with Cream / Ice Cream or Fruit Yoghurt

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



October 2017

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 6th October from 10am

Morning – Newspapers

**Afternoon – Community Heart Nurse talk and
blood pressure monitoring**

**Pork Chops, New Potatoes, Stuffing Balls, Savoy
Cabbage, Cauliflower & Gravy**

Trifle

Friday 13th October from 10am

Morning – Chair based exercise

Afternoon – Bingo

Cottage Pie, Mixed Veg & Gravy

Apple Crumble & Custard

Friday 20th October from 10am

Morning – Word searches and chat

Afternoon – Quiz

**Chicken wrapped in Bacon, Green Beans, Roast
Parsnips, New Potatoes & Gravy**

Rice Pudding and Strawberry Jam

Friday 27th October from 10am

Morning – Ball game and Exercise

Afternoon – Bingo

**Sausage, Savoy Cabbage, Mushy Peas, Yorkshire
Pudding, Mashed Potato & Onion Gravy**

Bread & Butter Pudding and Custard

Two course meal and drink for £5.50