

## 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



# October 2018

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**RISE Nottingham – for the over 60s**

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RISE Nottingham  
Clifton Methodist Church,  
Rivergreen, Clifton  
Nottingham, NG11 8AU  
Tel. 0115 984 4269  
Mob. 07788209396

email: [lyndablyth@regenerate-rise.co.uk](mailto:lyndablyth@regenerate-rise.co.uk)

**The Together Lunch Club**

**Meets each Wednesday at Hope Church, Southchurch  
Drive between 10am-3pm.**

**Cost £10 For more details call: 07592 638453**

**Friday 5<sup>th</sup> October from 10am**

**Morning – Ball Game and Exercise**

**Afternoon – Guest Speaker - Nottingham City  
Signposting Service**

**Meat Balls, Green Beans, Broccoli, New Potatoes,  
and Gravy**

**Ginger Sponge and Custard**

**Friday 12<sup>th</sup> October from 10am**

**Trip to Manor Farm, East Leake, £15 with a two  
course dinner and transport included.**

**Indoor animal petting**

**Tea and coffee available from 10am at RISE  
Leave at 11am**

**Centre CLOSED due to ALL member trip**

**Friday 19<sup>th</sup> October from 10am**

**Morning – Dominoes, cards or colouring**

**Afternoon – Quiz**

**Roast Pork, Cabbage, Cauliflower, Roast Potatoes,  
Stuffing Balls and Gravy**

**Rice Pudding and strawberry**

**Friday 26<sup>th</sup> October from 10am**

**Morning – Word Searches and Exercise.**

**Afternoon – Bingo**

**Chicken Pasta Bake, Ciabatta, Salad**

**Cheesecake and Toffee sauce**

**Two course meal and drink for £5.50**