

## 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



# September 2019

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

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**Friday 6<sup>th</sup> September from 10am**

**Morning – Newspapers**

**Afternoon – Bingo**

**Gammon, Pineapple, New potatoes,  
Green Beans, Carrots and gravy**

**Treacle Sponge and Custard**

**Friday 13<sup>th</sup> September from 10am**

**Morning – Wordsearches**

**Afternoon – Quiz**

**Fish Pie, Mash Potato, Peas and Broccoli  
and parsley sauce**

**Apple Pie and Cream**

**Friday 20<sup>th</sup> September from 10am**

**Morning – Exercise**

**Afternoon – Sing-a-long**

**Beef Stew, Roast potatoes, Cabbage,  
Cheese scones**

**Fruit Strudel and custard**

**Friday 27<sup>th</sup> September from 10am**

**Morning – Wordsearches or colouring**

**Afternoon – Musical Bingo**

**Sausage, Mash Potato, Kale, Cauliflower  
and Gravy**

**Spotted Dick and Custard**

**Two course meal and drink for £6**