

## Alternatives

Please Order any Alternative Meals in Advance

**Jacket Potato with Cheese / Baked Beans and Salad**

**Cheese or Tuna Salad with Potatoes of the day**

**Fish with vegetables of the day**

**Fruit with Cream / Ice Cream or Fruit Yoghurt**

## Allergens in ingredients in this month's Menu

Potato –contains milk/butter

Sponge –contains eggs butter/wheat

Batter –contains eggs/milk/wheat

Dumplings-contains wheat/suet/eggs

Gravy – contains wheat/ celery/barley/soya/milk

Crumble –contain butter/wheat

Custard –contains milk/eggs/soya

Meringue –contains eggs

Ice Cream-contains milk/soya

Strudel –contains wheat/soya/eggs/milk

Gateau –contains wheat/ butter/eggs/soya

Cream–contains milk

Cheesecake- Contains-egg/wheat/soya/butter

Bread & Butter pudding-contains eggs/wheat/yeast/soya

Regenerate-RISE is a registered charity No 1118543 Company Limited by Guarantee No 5758108

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Reaching the Isolated Elderly

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

# March 2017

## Wednesday 1<sup>st</sup> March from 10:30 am

**Morning – Word searches & dot-to-dot**

**Afternoon – Bingo**

**Roast Beef, Yorkshire Pudding, Sliced Green Beans,  
Cauliflower and Roast Potatoes**

**Lemon Meringue Pie and cream**

## Friday 3<sup>rd</sup> March from 10:30 am

**Morning – Chair based exercises**

**Afternoon – Quiz**

**Fish Parsley sauce, Carrots, Peas & Mashed Potatoes**

**Bread and butter pudding**

## Monday 6<sup>th</sup> March from 10:30 am

**Morning – Newspapers and chat**

**Afternoon – Craft activities**

**Chicken Pie, Cabbage & Broccoli and Mashed Potatoes**

**Fruit strudel with custard**

## Wednesday 8<sup>th</sup> March from 10:30 am

**Morning – Book swap**

**Afternoon – Sing-a-long**

**Sausage and Onions, Brussel sprouts, Carrots and Mashed  
Potatoes      Rice Pudding and Jam**

**Friday 10<sup>th</sup> March from 10:30 am**

Morning - Word searches

Afternoon – Bingo

Gammon & Pineapple, green beans, baked tomato and new potatoes

**Fruit Crumble and Custard**

**Monday 13<sup>th</sup> March from 10:30 am**

Morning – Guest speaker Remedi

Afternoon – Dominoes, cards or board games

Roast Pork, Mushy peas, Broccoli and Roast Potatoes

**Fruit Salad & Ice Cream (with wafer)**

**Wednesday 15<sup>th</sup> March from 10:30 am**

Morning – Chair based exercises

Afternoon - Quiz

Beef & Vegetable Stew Steak, Dumplings, Cobs

**Homemade Treacle Sponge & Custard**

**Friday 17<sup>th</sup> March from 10:30 am**

Morning – Board Games or dominoes

Afternoon – Bingo

Chicken wrapped in Bacon, Garlic Mushrooms, carrots and New potatoes

**Chocolate sponge & custard**

**Monday 20<sup>th</sup> March from 10:30 am**

Morning –Who am I?

Afternoon – Acrylic painting

Turkey Roast, Yorkshire Pudding, Stuffing, Sliced Green Beans, Cauliflower and Roast Potatoes

**Strawberry Cheesecake and Cream**

**Wednesday 22<sup>nd</sup> March from 10:30 am**

Morning – Puzzles and games

Afternoon – Bingo

Toad in the hole, green beans, cabbage, Mashed Potatoes

**Soft fruit with Ice cream or Cream**

**Friday 24<sup>th</sup> March from 10:30 am**

Morning – Decorating cupcakes for the afternoon

Afternoon – Open Afternoon (invite family & friends)

Cottage Pie, Broccoli, sliced carrots

**Fruit Sponge and Custard**

**Monday 27<sup>th</sup> March from 10:30am**

Morning –Chair based exercises

Afternoon – Crochet & pompom making

Pasta Bolognaise and Garlic bread

**Apple pie and custard**

**Wednesday 29<sup>th</sup> March from 10:30am**

Morning – Newspapers and chat

Afternoon – Name that tune

Roast Beef, Yorkshire Pudding, Carrot and Swede Mash, Green beans and boiled Potatoes

**Gateaux and Cream**

**Friday 31<sup>st</sup> March from 10:30 am**

Morning – Spot the difference

Afternoon – Bingo

Fish in batter, Carrots, Mushy Peas & Mashed Potatoes

**Fruity Bread and butter pudding**

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