



020 8780 9330 (Putney) 020 7228 0245 (Battersea)

Regenerate-RISE is now required by law to list all allergens that are contained within the ingredients that we cook with. This will vary every month, so please - if you are allergic to any of the ingredients listed, please inform the Cook

Regenerate-RISE has 5 Scores on the Door and continues to aim to provide a high quality meal with variety, fresh foods and home-made cooking as far as possible. If you would like an alternative please inform the Cook before 10.30 am on the day

BREAKFAST MENU SERVED UP TO 10.30 AM
Toast, Scrambled Egg, Bacon and Tomato (£4.00)
TOASTED SANDWICHES (Cheese or Bacon) £2.50
TOAST AND JAM with Tea/Coffee £1 per slice
CEREAL with Milk £1
CEREAL WITH TOAST/TEA £2

Tea and Coffee 50p
Transport to the Centre: £4 Return
Membership: £1 per week

Alternatives

Jacket Potato with Cheese/Baked Beans and Salad
Corned Beef, Salmon, Tuna or Sardine Salad with Potatoes
Cheese or Tomato Omelette with Salad or vegetables of the day
Fish in Parsley Sauce with the vegetables of the day
Fish in Batter with the vegetables of the day

Tinned Fruit with Cream/Ice Cream

Welcome to Regenerate-RISE
 We hope you enjoy your meal

Menu June 2019

The Cost of Lunch is £6 including Lunch, Dessert and a Juice

- Monday, 3** **Roast Chicken, Stuffing, Yorkshire Pudding, Peas, Carrots and Roast Potatoes**
Profiteroles with Ice Cream
- Tuesday, 4** **Steak and Mushroom Pie, Runner Beans, Roast Parsnips and Mashed Potatoes**
Semolina with Jam
- Wednesday, 5** **Spaghetti Bolognese or Minced Beef with Potatoes and And Mixed Vegetables**
Lemon Tart and Ice Cream
- Friday, 7** **Gammon with Pineapple, Fresh Tomatoes, Mushrooms**
Saute Potatoes and Parsley Sauce
Apple Pie and Custard
- Monday, 10** **Cottage Pie, Cabbage and Roast Parsnips**
Fresh Fruit and Cream
- Tuesday, 11** **Sliced Pork with Apple Sauce, Cauliflower, Peas and Roast Potatoes and Yorkshire Puddings**
Fruit Strudel and Custard
- Wednesday, 12** **Beef Stew with Dumplings, Broccoli, Swede and Boiled Potatoes**
Strawberry Shortbread Delight
- Friday, 14** **Salmon in White Sauce, Fine Green Beans, Carrots and New Potatoes**
Blueberry Cheesecake and Ice Cream or Cream
- Saturday, 15** **Lamb Hot Pot, Brussel Sprouts, Peas and Roast Potatoes**
Strawberry Flan and Ice Cream

- Monday, 17** Sausages, Fresh Greens, Carrots and Mashed Potatoes
Bananas and Custard
- Tuesday, 18** Chicken Thighs, Cabbage, Green Beans, Yorkshire
Pudding and Roast Potatoes
Home-made Trifle
- Wednesday, 19** Liver and Bacon with Onions, Roast Parsnips, Broccoli
And New Potatoes
Orange and Lemon Cake with Custard
- Friday, 21** Pork with Apples in Cider, Cauliflower, Peas and Boiled
Potatoes
Tropical Fruit and Ice Cream
- Monday, 24** Minced Beef and Vegetable Pie, Peas, Cauliflower and
New Potatoes
Pancakes with Bananas, Lemon and Ice Cream
- Tuesday, 25** Roast Beef, Horseradish Sauce, Yorkshire Pudding,
Brussel Sprouts, Carrots and Roast Potatoes
Rice Pudding with Stewed Apples
- Wednesday, 26** Chicken Curry with Rice or Chicken Casserole with
Spinach, Broccoli and Boiled Potatoes
Apple Crumble and Custard
- Friday, 28** Fish in Batter, Baked Beans, Mushy Peas and Chips
With Bread and Butter
Rocky Road Cheesecake with Whipped Cream

Enjoy Your Meal

Please let us know if there are any extra activities you would like to do during the summer and we will see what we can arrange.

Allergens in June's Menu

Pastry: Wheat; Cream: Milk;
Gravy: Wheat, Celery, Barley, Soya and Milk;
Dumplings: Wheat; Yorkshire Pudding: Wheat;
Salmon, Tuna, Sardines: Fish; Fish in Batter: Wheat, Fish, Milk; Parsley
Sauce: Milk; Spaghetti: Wheat; Yoghurts: Milk; Cheese: Milk Cream
Crackers: Wheat; Apple Pie/Crumble: Wheat; Ice Cream: Milk;
Strawberry Shortbread Delight: Wheat, Milk; Flan: Wheat; Pancakes:
Wheat, Milk, Eggs; Custard: Milk; Trifle: Wheat, Milk; Toast: Wheat:
Butter, milk; Cream: Milk; Stuffing: Wheat; Profiteroles: Milk, Wheat;
Pastry: wheat; Lemon Tart: Wheat; Cheesecake: Wheat; Rice Pudding:
Milk; Orange and Lemon Cake: Wheat, Margarine, Milk, Eggs; Whipped
Cream: Milk; Rocky Road Cheesecake: Wheat, Milk, Egg, Soya

**The café will be on Saturday, 15 June this month
We will be charging £4 for transport**

Tuesday, 4 June the members of RISE SW11 from St Michael's will be joining us for the day as we will be having a delivery of new chairs at St Michael's and have to close St Michael's for the day

If there are any other games that you would like to have available particularly for before Lunch please let Mo or Lisa know

Working Together for Change

Wandsworth Council are carrying out some research to define what the day services will look like from April 2020. We will be organising some special workshops for those interested to discuss "What works and what doesn't work". They will be spending time with staff and with members and we will be asking you if you would like to be involved. It is possible that we may have to close on the days of the workshops for those who do not wish to take part. We will keep you informed.
