



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 February 2018

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| Friday, 2 | Shepherds Pie, Peas and Roast Parsnips
Fresh Fruit and Double Cream |
| Monday, 5 | Hunters Chicken, Cabbage, Broccoli and New Potatoes
Rice Pudding and Rhubarb |
| Tuesday, 6 | Boiled Bacon with Parsley Sauce, Sliced Green Beans,
Fresh Tomatoes and New Potatoes
Lemon Tart and Ice Cream |
| Wed, 7 | Turkey Breast, Yorkshire Pudding, Brussel Sprouts,
Carrots and Roast Potatoes
Spotted Dick and Custard |
| Friday, 9 | Scampi with Mushrooms, Peas and Chips
Meringue Nest with Blueberries and Ice Cream |
| Monday, 12 | Pork Chop, Apple Sauce, Roast Parsnips, Red Cabbage
And Roast Potatoes
Raspberry Roulade and Ice Cream |
| Tuesday, 13 | Savoury Mince with Dumplings, Carrots, Cauliflower
And Boiled Potatoes
Hot Pancakes with Lemon/Peaches with Ice Cream |
| Wed, 14 | Steak and kidney Pie, Broccoli, Mushrooms and
Mashed Potatoes
Lemon Drizzle Cake with Custard |
| Friday, 16 | Liver and Bacon with Onions, Brussel Sprouts, Peas
And Mashed Potatoes
Pear and Apple Crumble and Custard |

Monday, 19 Minced Beef Pie, Sliced Green Beans, Mixed Vegetables and Roast Potatoes Trifle and Cream

Tuesday, 20 Sweet and Sour Pork with Pineapple, Rice or Potatoes Roast Parsnips and Sweetcorn Apple Pie and Custard

Wed, 21 Chicken wrapped in Bacon, Roast Parsnips, Spinach New Potatoes Ginger Cake and Custard

Friday, 23 Salmon with Bacon, Carrots, Peas and Saute Potatoes Strawberry Swirl Cheesecake and Ice Cream/Cream

Saturday, 24 Putney Café at the Platt Christian Centre Turkey Roast, Yorkshire Pudding, Cauliflower, Sliced Green Beans and Roast Potatoes Hot Pancakes with Lemon and Bananas with Ice Cream

Monday, 26 Cottage Pie, Roast Parsnips and Broccoli Jam Roly Poly and Custard

Tuesday, 27 Chicken Chasseur, Carrot and Swede Mix, Sliced Green Beans and New Potatoes Profiteroles with Ice Cream

Wed, 28 Roast Beef, Yorkshire Pudding, Cauliflower, Peas And Roast Potatoes with Horseradish Sauce Strawberry Shortcake Surprise with Cream

Enjoy your Meal

Welcome to two new members of Staff
 Nana, Driver/Pastoral Care Co-ordinator in Battersea and
 Laurencia, Cook in Putney
 We look forward to having you both as a part of the team

Allergens in February's Menu

Pastry: Wheat; Cream: Milk;
Gravy: Wheat, Celery, Barley, Soya and Milk;
Pancakes: Wheat; Parsley Sauce: Milk;
Custard: Milk; Lemon Tart: Wheat, eggs;
Rice Pudding: Milk; Spotted Dick: Wheat, Eggs, Milk;
Meringue: Eggs; Raspberry Roulade: Eggs; Dumplings: Wheat;
Profiteroles: wheat, Milk; Yorkshire Pudding: Wheat;
Pastry: Wheat; Shortcake: Wheat;
Fish: Fish; Cheesecake: Wheat, Eggs, Milk;
Toast: Wheat: Butter, milk
Salmon, Tuna, Sardines: Fish; Fish in Batter: Fish, Milk, Wheat
Yoghurts: Milk; Cheese: Milk Cream Crackers: Wheat
Apple Pie: Wheat; Cream: Milk;
Jam Roly Poly: Wheat, Egg
White Sauce: Milk; Trifle: Wheat, Milk

From April 2019, Wandsworth Council will be commissioning services for older people in a different way to how they fund us currently. At the moment we come under the "Open Access" funding in both Putney and Battersea and from April 2019 they will have a new strategy which they are calling the "Wandsworth Voluntary Sector Preventative Offer".

Officers from Wandsworth Council will be coming to both Centres to hold a Focus Group in order that they can listen to what you value within the services and also to hear how they can improve their "preventative" strategy to help you stay healthier. Their aim being to reduce the need for care packages and to avoid admissions to hospital.

Regenerate-RISE has a "preventative" strategy which includes helping you to stay mentally, physically and emotionally well and produces a programme of activities, pastoral support through the visiting programme, outings, nutritious lunches, social interaction and spiritual support - all of which is designed for you to enjoy your time with us and give you a sense of wellbeing—which in turn leads to improved health.

We would appreciate your involvement in the discussions that will be taking place during February and March

Mo and the Trustees of Regenerate-RISE
