



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

If you would like an alternative please inform the Cook before 10.30 am on the day

Cost: Lunch and Dessert £6 including Apple/Orange Juice

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
Fruit Yoghurt or Cheese & Biscuits

Welcome to Regenerate-RISE
We hope you enjoy your meal

Menu October 2018

- Monday, 1** Boiled Bacon, Pineapple, Mushrooms, Peas, Saute Potatoes and Parsley Sauce
Fresh Fruit and Cream
- Tuesday, 2** Chicken in Cider hot pot with Cauliflower and Red Cabbage
Lemon Meringue Pie and Ice Cream
- Wednesday, 3** Pork Casserole, Roast Parsnips, Green Beans and Boiled Potatoes
Pear Flan and Ice Cream
- Friday, 5** Steak and Onion Pie, Courgettes, Savoy Cabbage and Mashed Potatoes
Bakewell Tart and Custard
- Monday, 8** Pork Chop, Apple Sauce, Carrots, Peas and Mashed Potatoes
Rice Pudding and Jam
- Tuesday, 9** Turkey Breast, Yorkshire Pudding, Brussel Sprouts, Runner Beans and Roast Potatoes
Orange Cheesecake and Ice Cream
- Wednesday, 10** Chicken Thighs and Bacon, Fresh Greens, Roast Parsnips and New Potatoes
Hot Pancakes with Banana and Ice Cream
- Friday, 12** Battered Fish, Baked Beans, Sweetcorn and New Potatoes with Bread and Butter
Apple Pie and Custard
- Monday, 15** Shepherds Pie, Brussel Sprouts and Runner Beans
Peaches and Ice Cream

- Tuesday, 16** Gammon with Parsley Sauce, Tomato, Peas and New Potatoes
Ice Cream Roll with Oranges
- Wednesday, 17** Lamb Casserole with Dumplings, Roast Parsnips, Carrot and Swede Mix with New Potatoes
Coconut and Jam Sponge with Custard
- Friday, 18** Sausages, Onions, Fine Green Beans, Red Cabbage And Mashed Potatoes
Tropical Fruit with Ice Cream
- Saturday, 20** Sliced Pork with Apple Sauce, Peas, Carrots, Yorkshire Pudding and Roast Potatoes
Home-made Trifle with Ice Cream
- Monday, 22** Hunters Chicken, Mushrooms, Sweetcorn and New Potatoes
Strawberry Flan and Ice Cream
- Tuesday, 23** Beef Casserole, Cauliflower, Savoy Cabbage and Mashed Potatoes
Chocolate Gateaux and Spray Cream
- Wednesday, 24** Roast Beef with Horseradish Sauce, Yorkshire Pudding, Cauliflower, Runner Beans and Roast Potatoes
Banana Split
- Friday, 26** Boiled Bacon, Parsley Sauce, Carrots, Peas and Boiled Potatoes
Mixed Fruit and Custard
- Monday, 29** Pork Chop, Apple Sauce, Yorkshire Pudding, Sliced Green Beans, Cauliflower and Roast Potatoes
Raspberry Pavlova and Ice Cream
- Tuesday, 30** Spaghetti Bolognese or Minced beef with vegetables
Viennetta
- Wednesday, 31** Chicken Leg, Stuffing, Carrots, Broccoli and Roast Potatoes
Pineapple Upside Down Cake with Custard

Allergens in September's Menu

Pastry: Wheat; Cream: Milk;
Gravy: Wheat, Celery, Barley, Soya and Milk;
Flan: Wheat; Dumplings: Wheat; Pavlova: Egg;
Apple Pie: Wheat; Ice Cream Roll: Wheat; Sponge: Wheat, Eggs, Milk;
Custard: Milk; Rice Pudding: Milk; Bakewell Tart: Wheat, Eggs;
Ice Cream Roll: Wheat; Stuffing: Wheat; Trifle: Wheat, Milk;
Yorkshire Pudding: Wheat; Lemon Meringue Pie: Wheat, Eggs;
Cheesecake: Wheat, Eggs, Milk; Chocolate Gateaux: Wheat, Eggs, Milk;
Toast: Wheat: Butter, milk; Salmon, Tuna, Sardines: Fish;
Yoghurts: Milk; Cheese: Milk Cream Crackers: Wheat
Ice Cream: Milk; Rice Pudding: Milk; Pancakes: Wheat, Eggs;
Cream: Milk; Stuffing: Wheat; Fish Pie: Fish, Milk
Trifle: Milk, Wheat; Pineapple Upside Down Cake: Wheat, Eggs, Milk

IMPORTANT NOTICE

Putney members are **not moving to Boyd Court** next week as the kitchen is not ready and we will keep you informed of how things are going. Continuing at the Platt every day (except Thursday) until further notice.

Advance Notice

FRIDAY, 9 NOVEMBER 2018

**Open House, Lunch and Thanksgiving Service for the
Opening of the refurbished Centre for RISE at St Michael's
Family and friends welcome to join us
Lunch at 12.30 pm Thanksgiving Service at 2 pm
Tea and Cakes at 3 pm**

Hope you enjoy the month of October