



**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 September 2019**

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

- Monday, 2** Cottage Pie, Roast Parsnips and Fresh Greens  
Jam Roly Poly and Custard
- Tuesday, 3** Chicken wrapped in Bacon, Broccoli, Mushrooms and Mashed Potatoes  
Blueberry Cheesecake and Ice Cream
- Wednesday, 4** Turkey Roast, Yorkshire Pudding, Carrots, Brussels Sprouts and Roast Potatoes  
Butterscotch Angel Delight with Shortbread and Ice Cream
- Friday, 6** Fish Crumble, Fresh Tomatoes, Peas and New Potatoes  
Hot Pancakes with Peaches/Slice of Lemon and Ice Cream
- Saturday, 7** Kings and Queens 2019
- Monday, 9** **PUTNEY IS CLOSED**  
Tuna Pasta Bake with Cheese, Peas and Salad  
Bananas and Custard (BATTERSEA ONLY)
- Tuesday, 10** Somerset Pork with Apples, Sliced Green Beans, Carrots and Boiled Potatoes  
Strawberry Flan and Ice Cream
- Wednesday, 11** Chicken Curry with Rice/Chicken Casserole with Mixed Vegetables and Potatoes  
Home-made Apple Pie and Custard
- Friday, 13** Minced Beef and Vegetable Pie, Roast Parsnips, Cauliflower and New Potatoes  
Fresh Fruit with Double Cream

**Monday, 16**    **BATTERSEA CLOSED FOR OUTING**  
**Lamb Hot Pot, Cabbage and Carrots**  
**Meringue Nest, Oranges and Ice Cream**  
**PUTNEY ONLY**

**Tuesday, 17**    **BBQ Chicken, Fine Green Beans, Swede and New**  
**Potatoes**  
**Rice Pudding with Jam**

**Wednesday, 18**    **Sausages, Onions, Yorkshire Pudding, Broccoli, Carrots**  
**and Mashed Potatoes**  
**Pineapple Up-Side-Down Cake with Custard**

**Friday, 20**    **Fish and Chips, Peas, Baked Beans with Bread and**  
**Butter**  
**Pears with Ice Cream and Chocolate Sauce**

**Saturday, 21**    **CAFÉ**

**Monday, 23**    **Roast Chicken, Yorkshire Pudding, Stuffing, Brussels**  
**Sprouts, Carrots and Roast Potatoes**  
**Raspberry Flan with Raspberry Ice Cream**

**Tuesday, 24**    **Spaghetti Bolognese/Minced Beef, Mixed Vegetables**  
**And Potatoes**  
**Bread and Butter Pudding with Custard**

**Wednesday, 25**    **Steak and Kidney Pie, Sliced Green Beans, Cauliflower**  
**And Mashed Potatoes**  
**Lemon Drizzle Cake with Custard**

**Friday, 27**    **Pork Chop, Apple Sauce, Roast Parsnips, Peas and**  
**Boiled Potatoes**  
**Fruit Jelly and Ice Cream**

**Monday, 30**    **Sausage Casserole with Dumplings, Broccoli, Carrots**  
**And New Potatoes**  
**Rocky Road Cheesecake and Ice Cream**

If you have a favourite meal, please let Julia or Lisa know and we will repeat it for you next month

**Enjoy Your Meal**

**Allergens in September's Menu**

*Pastry: Wheat; Cream: Milk;*  
*Gravy: Wheat, Celery, Barley, Soya and Milk;*  
*Yorkshire Pudding: Wheat;*  
*Salmon, Tuna, Sardines: Fish; Fish in Batter/Crumble: Wheat, Fish,*  
*Milk; Spaghetti: Wheat; Yoghurts: Milk; Cheese: Milk Cream Crackers:*  
*Wheat; Apple Pie/Crumble: Wheat; Ice Cream: Milk;*  
*Butterscotch Shortbread: Wheat, Milk; Flan: Wheat; Custard: Milk;*  
*Toast: Wheat: Butter, milk; Cream: Milk; Stuffing: Wheat; Strawberry*  
*Flan: Wheat; Pancakes: Wheat, Egg, Milk; Pasta Bake: Wheat;*  
*Cheesecake: Wheat; Rice Pudding: Milk; Rocky Road Cheesecake: Wheat,*  
*Milk; Meringue Nest: Egg; Apple Pie: Wheat, Eggs; Sponge: Wheat, Milk,*  
*Eggs; Stuffing: Wheat; Bread & Butter Pudding: Milk, Wheat, Eggs;*  
*Lemon Drizzle Cake: Wheat, Milk, Eggs; Dumplings: Wheat*

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**RISE SW11 is going on its trip to the coast on**  
**Monday, 16 September**

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**Members Meeting**

If you were not at the Members Meeting at either Centre and would like a copy of the Minutes of the Members Meeting, please ask Jackie or Lisa

If you did attend and would like a copy, please ask for one

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**Julia** is returning to RISE SW15 for a few months while we advertise for a new RISE Co-ordinator—she will be working Tuesday, Wednesday and Friday taking Simon's role - Welcome Back Julia

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**Jade** is taking on the role of Support Worker from 1 September and will be working every day and continuing with the cleaning until a new Cleaner is appointed

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**From October**, Mo will be doing a monthly newsletter on the progress of the new RISE Reablement Centre - they will be available for everyone

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**On 27 September** the London Children's Ballet are performing "Ballet Shoes" at St Michael's (RISE SW11) at 2 pm. If you would like to go to the Performance with lunch first, please give your name to Robert

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**We hope you enjoy the month of September**