



020 8780 9330

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

### Allergens in February's Menu

*Gravy: Wheat, Celery, Barley; Stuffing: Wheat;  
Yorkshire Pudding: Wheat; Steak & Kidney Pie: Wheat, Milk; Fish/  
Salmon; Fish, Wheat; Naan Bread: Wheat;  
Spaghetti Bolognese: Wheat ; Bread: Wheat ; Curry: Wheat; Quiche:  
Wheat, milk, eggs; Chicken Curry: Wheat; Milk; Lasagne: Wheat;  
Chicken Kiev: Wheat; BBQ Sauce: Wheat*

*Custard: Milk, Yoghurt: Milk; Cheesecake: Wheat, Milk;  
Trifle: Wheat; Milk; Ice Cream: Milk; Profiteroles: Wheat, Milk;  
Apple Pie/ Crumb: Wheat; Pancakes: Wheat;  
Cream: Milk; Rice Pudding: Milk; Black Forest Gateau: Wheat; Eggs, Milk;  
Jam Roly Poly: Wheat, Milk, Eggs; Raspberry Roulade: Eggs, Milk;  
Brownie: Wheat, Eggs, Milk; Shortcake: Wheat, Milk, Eggs;  
Trifle: Wheat, Milk; Tiramisu: Wheat; Treacle Sponge: Wheat, Eggs, Milk*

## Enjoy your Meal

Welcome to Regenerate-RISE

## Menu February 2024

- Thursday, 1** Quiche, Baked Beans, Peas and Hash Browns  
Meringue Nest with Tinned Fruit and Cream
- Friday, 2** Sliced Turkey, Stuffing, Fine Whole Beans, Cabbage  
And Roast Potatoes with Cranberry Sauce  
Rice Pudding with Rhubarb
- Monday, 5** Gammon with Pineapple, Carrots, Peas and New  
Potatoes  
Jam Roly Poly with Custard
- Tuesday, 6** Fish Pie with Roast Parsnips and Cauliflower  
Apple Crumble and Custard
- Wednesday, 7** CLOSED
- Thursday, 8** Spaghetti Bolognese with Garlic Bread  
Cheese Cake with Mandarin Oranges
- Friday, 9** Chicken Curry with Naan Bread  
Raspberry Roulade with Cream
- Monday, 12** CLOSED FOR STAFF TRAINING
- Tuesday, 13** Steak and Kidney Pie, Brussels Sprouts, Carrots  
And Mashed Potatoes  
Hot Pancakes with Lemon and Ice Cream
- Wednesday, 14** CLOSED
- Thursday, 15** Fish in Batter, Runner Beans, Peas and New Potatoes  
Fresh Fruit Salad with Cream or Yoghurt
- Friday, 16** Pork Chop, Apple Sauce, Yorkshire Pudding, Carrots  
Broccoli and Roast Potatoes  
Profiteroles with Ice Cream
- Monday, 19** Shepherds Pie, Cauliflower, Fine Whole Beans  
Peaches and Custard

**Tuesday, 20** Roast Chicken, Stuffing, Carrots, Broccoli, Roast Potatoes and Yorkshire Pudding  
Chocolate Brownie with Ice Cream drizzled with Chocolate Sauce

**Wednesday, 21** **OPEN: Fish and Chips—£10**  
Cheesecake with Fresh Melon

**Thursday, 22** Sausage Casserole, Cauliflower, Fine Green Beans and New Potatoes  
Strawberry Shortcake with Cream

**Friday, 23** Lasagne, Peas and Side Salad  
Frozen Strawberry Sorbet with Fresh Strawberries

**Monday, 26** Beef Cobbler, Cabbage, Roast Parsnips and Mashed Potatoes  
Black Forest Gateau with Ice Cream

**Tuesday, 27** Lamb Hot Pot, Cauliflower and Fine Green Beans  
Peach Crumble with Custard

**Wednesday, 28** Quiche, Fresh Tomatoes, Sweetcorn and Side Salad  
Trifle with Ice Cream

**Thursday, 29** Garlic Breaded Chicken Kiev, Peas, Carrots and New Potatoes  
Tiramisu with Cream

**Fri, 1 March** Pork in BBQ Sauce, Broccoli, Sweet Potato Fries with New Potatoes  
Treacle Sponge with Custard

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**Saturday Café**

We have the opportunity to obtain extra funding to provide 2 Cafes a month on a Saturday and would be supported mainly by volunteers so the Menu would change. We would do fundraising events, Bingo and have entertainment and do our best to provide transport.

We will also provide breakfast in the Centre & Soup/Sandwiches to take home

**Alternative Lunch**

Jacket Potato with Cheese/Beans/Tuna  
Vegetarian /Ham/Cheese/Tomato Omelette with Vegetables  
Fish Fingers, Fish Cake or Fish in Batter with Vegetables  
Tuna/Corned Beef/Ham/Cheese Salad  
Quiche with Vegetables or Salad

**Please give the Chef an alternative request the day before or by 10.30 am on the day of the change**

**Alternative Dessert**

Fruit Yoghurt or Plain Yoghurt with Fruit  
Ice Cream  
Cheese and Biscuits (optional with grapes)

**Lunch, Dessert and Juice is £7**

**Tea/Coffee £1**  
**A mug of percolated coffee £1.50**

**Toast with Jam or Marmalade**

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**From 21 February**

**We will be opening again on Wednesdays with easy meals until we have a Cook/Chef in place again.**  
**Jan will not be collecting people on a Tuesday, but will do so on a Wednesday. We are still advertising for a Driver for our SW11 Minibus**

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