



Reaching the Isolated Elderly

020 8780 9330

The Platt Mission., 22 Felsham Road SW15 1DA

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

Spaghetti Bolognese: Wheat; Garlic Bread: Wheat; Stuffing: Wheat; Pancakes: Wheat, Milk, Eggs; Cream/Yoghurt: Milk; Parsley Sauce: Milk; Naan Bread: Wheat; Wafer: Wheat; Curry: Wheat, Milk; Fruit Strudel: Wheat; Pie/Crumble/Tart: Wheat; Yorkshire Pudding: Wheat, Milk; Custard Profiteroles: Wheat, Milk; Vienetta: Milk; Jam Roly Poly: Wheat, Milk; Battered Fish: Wheat, Fish; Lemon Cake: Wheat, Milk, Eggs; Lasagne: Wheat Chile Con Carne: Wheat, Milk; Dumplings: Wheat; Fish Fingers/Fish Cakes: Wheat, Fish; Quiche: Wheat, Eggs; Ice Cream/Cream: Milk; Cheese: Milk; Biscuits: Wheat

PRICES

Lunch, Dessert and Juice is £8

Tea/Coffee £1

A mug of percolated coffee £1.50

1 Slice of Toast with Jam/Marmalade & Tea £2

Toasted Sandwich with Tea £3 Sandwich (to take home) £2.50

Sandwich Meal Deal (to take home) £4

Porridge £1 Scrambled Egg with Toast and Tea £3

Full Breakfast £5

Bacon Roll with Tea £2.50

Transport is £6 for a Return Journey

Welcome to Regenerate-RISE

Menu February 2025

- Monday 3** Spaghetti Bolognese with Cheese and Garlic Bread
Bananas and Custard
- Tuesday 4** Lancashire Hot Pot, Cabbage and Roast Parsnips
Apple and Raspberry Crumble with Custard
- Thursday 6** Chicken Thighs wrapped in Bacon, Sliced Green Beans,
Carrots and Mashed Potatoes
Strawberry Eton Mess
- Friday 7** Roast Turkey, Stuffing, Yorkshire Pudding, Brussel
Sprouts, Peas, Roast Potatoes and Redcurrant Jelly
Hot pancakes with Lemon and Ice Cream/Spray Cream
- Monday 10** Gammon with Pineapple, Tomato, Mushrooms, Peas
And Saute Potatoes with Parsley Sauce
Fresh Fruit with Whipped Cream
- Tuesday 11** Sausages, Onions, Cauliflower, Peas and Mashed
Potatoes
Peach Crumble and Custard
- Thursday 13** Chicken Curry with Rice/Potatoes and Naan Bread
Pear Pots with Ice Cream, Chocolate Sauce and a
Wafer
- Friday 14** Pork Chop, Apple Sauce, Broccoli, Carrots and Roast
Potatoes
Strawberry Valentines Surprise
- Saturday 15** CAFÉ with entertainment from the New MUGS
- Monday 17** Chicken Pie, Green Beans, Carrots and New Potatoes
Vienetta
- Tuesday 18** Quiche, Peas, Saute Potatoes and Salad
Jelly with fruit and Spray Cream

- Thursday 20** Sausage Casserole, Yorkshire Pudding, Cauliflower, Carrots and Mashed Potatoes
Lemon Cake with Custard
- Friday 21** Battered Fish, Mushy Peas, Baked Beans and New Potatoes
Tropical Fruit Salad with Ice Cream and Wafer
- Monday 24** Chilli con carne with Rice and Pitta Bread
Jam Roly Poly with Custard
- Tuesday 25** Trip to Woking for 16 people: Sausages and Mash with Vegetables for lunch
- Thursday 27** Roast Pork, Yorkshire Pudding, Apple Sauce, Broccoli, Carrots and Roast Potatoes
Fruit Strudel with Custard
- Friday 28** Lasagne, Carrots and Side Salad
Profiteroles with Ice Cream

ALTERNATIVES

Jacket Potato with Cheese/Beans/Tuna
Fish fingers, Fish Cake or Fish with Vegetables
Tuna/Corned Beef/Ham Salad
Quiche with Vegetables and/or Salad

Fruit Yoghurt or Plain Yoghurt with Fresh Fruit
Ice Cream or Fresh Fruit
Cheese and Biscuits

We will be changing the day of the RISE AGM in order that members from RISE Woking can attend

Thank you for your contribution to the Members Meetings that we hold, please continue to complete the Comments Cards as it is important that we develop the service as you want it

We have noted your comments about the minibus and we are looking into purchasing a new rail to hold on to where the side step is

ACTIVITIES PROGRAMME

- Monday 3** Film Theme Quiz
Tuesday 4 Strength and Balance Exercises
Thursday 6 Making Cornflake Clusters
Friday 7 AM Bennie the Therapy Dog
PM Bingo/Animal Bingo
- Monday 10** Valentine Craft
Tuesday 11 Strength and Balance Exercises
Thursday 13 Entertainment with Songs on Wheels
Friday 14 Valentine Bingo/Table Tennis
Saturday 15 Café with entertainment from the New MUGS
Monday 17 Beat the Staff
Tuesday 18 Strength and Balance Exercises
Thursday 20 Comedy afternoon
Friday 21 AM Bennie the Therapy Dog
PM Bingo/Horse Racing
- Monday 24** Winter Globes
Tuesday 25 Trip to Woking for 16 people
Thursday 27 Strength and Balance Exercises
Friday 28 Bingo/Magic Table



AM

The Magic Table will be available every morning
Air Hockey, Table Tennis or Snooker will also be available in the mornings

Enjoy the Month of February