



**020 8780 9330**

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 a Jacket Potato, Fish in Batter or Quiche instead please ring up the day before to request it**

**If you would like a yoghurt or Cheese and Biscuits instead of the dessert please ring up and request it**

### **Cooking Instructions**

**Microwave:** Remove lid and microwave for 2-3 mins in 1000W microwave. Give an extra minute if the microwave is less powerful. Stir the meal if applicable. Heat in 30 second increments until desired temperature is reached. Ensure that the meal is hot throughout.

**Oven Cook:** Place meal on a plate and covering with silver foil, place in a pre-heated oven at 180 C and heat for approximately 10-15 minutes until piping hot throughout.

Welcome to the Regenerate-RISE  
Home Delivery Service

## **Menu November 2020**

All the meals are with the Vegetables of the Day—we are not always able to be specific as it depends what is available on the day

- Monday, 2** Sausage Casserole with New Potatoes and Vegetables of the day  
Lemon Drizzle Cake with Custard
- Tuesday, 3** Chicken and Mushroom Pie with White Wine Sauce, Roast Potatoes and Vegetables of the Day  
Pears in Nutella Sauce with Shortbread
- Wednesday, 4** Liver and Bacon with Onions, Mashed Potatoes and Vegetables of the Day  
Strawberry Crumble with Custard
- Friday, 6** Baked Cod with Bacon & Lemon Crumble, Saute Potatoes and Vegetables of the Day  
Fresh Fruit and Cream
- Monday, 9** Spaghetti Bolognese with a Pot of Cheese  
Jam Roly Poly and Custard
- Tuesday, 10** Beef Stew with New Potatoes and Vegetables of the Day  
Home-made Trifle
- Wednesday, 11** Roast Chicken, Stuffing, Yorkshire Pudding, Roast Potatoes and Vegetables of the Day  
Rice Pudding with Jam
- Friday, 13** Pork Chop, Apple Sauce, Cabbage, Carrots and Mashed Potatoes  
Rocky Road Cheesecake with Cream
- Monday, 16** Chicken and Sweetcorn Pasta Bake with Peas and Salad  
Chocolate Nutella Pudding with Chocolate Custard

- Tuesday, 17**     **Steak and Kidney Stew with Boiled Potatoes and Vegetables of the Day  
Strawberry Angel Delight with Fresh Strawberries**
- Wednesday, 18**     **Roast Lamb with Mint Sauce, Yorkshire Pudding, Brussel Sprouts, Carrots and Roast Potatoes  
Lemon Eton Mess with Cream**
- Friday, 20**     **Cod in Breadcrumbs, Tartar Sauce, Baked Beans, Peas And Saute Potatoes  
Tropical Fruit with Cream**
- Monday, 23**     **Sausages with Onions, Mashed Potatoes and Vegetables Of the Day  
Apple and Peach Crumble with Custard**
- Tuesday, 24**     **Chicken Korma with Rice  
Fruit Jelly with Cream**
- Wednesday, 25**     **Minced Beef and Onion Pie with Boiled Potatoes and Vegetables of the Day  
Carrot Cake with Custard**
- Friday, 27**     **Sliced Turkey, Yorkshire Puddings, Cranberry Sauce, Roast Potatoes and Vegetables of the Day  
Profiteroles with Cream**
- Monday, 30**     **Lasagne with Vegetables and Side Salad  
Fruit Strudel with Custard**

## Enjoy your meal

### FRIDAYS

**Gateaux are £1 a slice  
Cupcakes are 2 for £1**

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| <b>6 November</b>  | <b>Coffee and Walnut Gateau</b>        |
| <b>13 November</b> | <b>Carrot and Soft Cheese Cupcakes</b> |
| <b>20 November</b> | <b>Cinnamon and Nutella Gateau</b>     |
| <b>27 November</b> | <b>Lemon Drizzle Cake</b>              |

## Allergens in November's Menu

*Cream: Milk; Gravy: Wheat, Celery, Barley, Soya and Milk;  
Yorkshire Pudding: Wheat; Crumble/Pie: Wheat;  
Profiteroles: Wheat, Milk; Custard: Milk; Fish in Breadcrumbs: Fish, Milk, Wheat; Fish & Bacon Crumble: Wheat, Fish, Milk; Shortcake: Wheat;  
Sausages: Wheat; Stuffing: Wheat; Spaghetti: Wheat  
Rice Pudding: Milk; Trifle: Wheat, Milk; Pastry: Wheat; Lemon Drizz;e  
Cake: Wheat, Eggs, Milk; Eton Mess: Eggs, Milk; Carrot Cake: Eggs, Wheat, Milk; Nutella Sauce: Milk (may contain Nuts); Stuffing: Wheat;  
Rocky Road Cheesecake: Milk; Cheese: Milk; Pastry: Wheat; Angel Delight: Milk; Chicken Korma: Milk; Yorkshire Pudding: Wheat, Milk;  
Profiteroles: Wheat; Lasagne: Wheat; Fruit Strudel: Wheat*

## Enjoy Your Meal

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We are now delivering a larger Supply Box once a month which includes larger items that are too heavy for the Supply Bags and will last longer. Supply bags are still being delivered weekly and if there is anything specific that you would like, do ring us and if we have it in stock, we will provide it.

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## Bubbles Fundraising & The Platt Centre

To date we have raised an amazing £17,046.50 from our Bubbles Appeal and £16,456.35 to date for the purchase of the Platt as well as the money we had raised previously towards the new building. We are asking our bank for a mortgage of £420,000 and we hope to complete on the purchase of the Platt on Tuesday, 3 November. Thank you to all those who have donated or who have taken part in our Sponsored events - we appreciate it very much indeed.

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We are working on some new ideas for a Christmas programme, although due to London being on Tier 2 level for Covid-19, it is unlikely that we will be able to open the Centres before this Christmas.