



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 October 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

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| Friday, 2 | Fish Pie, Saute Potatoes and Vegetables Strawberry or Chocolate Gateaux |
| Monday, 5 | Savoury Mince with Dumplings, Boiled Potatoes and Vegetables Lemon and Lime Cheesecake with Cream |
| Tuesday, 6 | Gammon Pie with Cider Apples, New Potatoes and Vegetables Ginger Cake with Custard |
| Wednesday, 7 | Roast Chicken, Stuffing, Yorkshire Pudding, Cabbage, Carrots and Roast Potatoes Rice Pudding with Apples |
| Friday, 9 | Braised beef with onions, Mashed Potatoes and Vegetables Tropical Fruit and Cream |
| Monday, 12 | Chicken Chasseur, New Potatoes and Vegetables Carrot Cake with Custard |
| Tuesday, 13 | Sausages, Onions, Peas, Runner Beans and Mashed Potatoes Meringue Nest with Tinned Fruit |
| Wednesday, 14 | Tuna Pasta Bake with Mixed Vegetables and Salad Pear Flan and Cream |
| Friday, 16 | Beef Bourguignon with Roast Potatoes and Vegetables Home-made Trifle |

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| Monday, 19 | Shepherds Pie with Vegetables Orange Cheesecake with Cream |
| Tuesday, 20 | Hunters Chicken with Mashed Potatoes and Vegeables Home-made Apple Pie and Custard |
| Wednesday, 21 | Roast Pork, Apple Sauce, Stuffing, Roast Potatoes and Vegetables Strawberry Surprise |
| Friday, 23 | Salmon and Leek Pie with Saute Potatoes and Vegetables Homemade Cherry Tart and Custard |
| Monday, 26 | Chicken Curry with Rice and Vegetables Fresh Fruit and Cream |
| Tuesday, 27 | Gammon with Pineapple and Fresh Tomato, New Potatoes, Peas and Parsley Sauce Profiteroles and Cream |
| Wednesday, 28 | Lamb Hotpot with Cabbage and Carrots Eton Mess with Fresh Raspberries |
| Friday, 30 | Roast Turkey, Cranberry Sauce, Yorkshire Pudding, Roast Potatoes and Vegetables Rhubarb Crumble with Custard |

If you have any comments to make about your lunches, please do complete a Comments Card. If there is something specific you would like next month, please let Lisa know.

| FRIDAYS | |
|---------------------------------|----------------------------------|
| All cakes are £1 a slice | |
| 2 October | Coconut Angel Cake |
| 9 October | Apple Cinnamon Layer Cake |
| 16 October | Lemon Cake |
| 23 October | Apple Tart |
| 30 October | Chocolate Gateaux |

Allergens in October's Menu

*Cream: Milk; Gravy: Wheat, Celery, Barley, Soya and Milk;
Yorkshire Pudding: Wheat; Rhubarb Crumble/Pie/Sponge: Wheat;
Cheesecake: Wheat; Profiteroles: Wheat, Milk; Custard: Milk; Fish in Batter: Fish, Milk, Wheat; Salmon/Fish Pie: Fish & Milk; Shortcake: Wheat; Sausages: Wheat; Stuffing: Wheat; Pear Flan: Wheat;
Rice Pudding: Milk; Trifle: Wheat, Milk; Pastry: Wheat; Gateaux: Wheat; Meringue: Eggs; Ginger/Carrot Cake: Eggs, Wheat, Milk;
Parsley Sauce: Milk; Strawberry/Chocolate Gateaux: Wheat; Cheese: Milk; Pastry: Wheat; Rice Pudding: Milk; Tuna Pasta Bake: Fish, Wheat & Milk;
Dumplings: Wheat; Meringue Nest: Eggs; Cherry Tart: Wheat;
Eton Mess: Eggs, Milk*

Enjoy Your Meal

TIMS (This is My Story)

We are going to be starting TIMS, a short Church service at St Michael's starting on Monday, 19 October and will hold it weekly. We can only collect 6 people at a time in our bus and the cost will be £5 for transport. We have to choose the people that attend in a "bubble", so if you would like to go please do let Paul know. If we have a good response you may have to go on a rota.

Savoy on the Streets

We are planning to continue "tea for two" before the weather gets too cold, so if you would like to have the Savoy experience on your patio, garden or by your front door with one of our staff, do let Lisa or Paul know.

Bubbles Fundraising & The Platt Centre

We are hoping to exchange contracts on the purchase of the Platt Centre on Tuesday, 6 October and we will write to you and let you know the outcome. If you would like to speak to a member of staff, please do ring. The local community are being very supportive and we are still organising fundraising events. Thank you for all your support, it is so appreciated.