



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 September 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

We are now providing lunches four days a week: Monday, Tuesday, Wednesday and Friday only. The cost is £6 each.

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| Tuesday, 1 | Minced Beef and Onion Pie, Vegetables and Mashed Potatoes
Eton Mess with Berries |
| Wednesday, 2 | Roast Chicken, Stuffing, Yorkshire Pudding, Vegetables And Roast Potatoes
Apple Sponge and Custard |
| Friday, 4 | Sausages with Onions, Baked Beans and Mashed Potatoes
Meringue Nest with Oranges |
| Monday, 7 | Sweet and Sour Pork with Rice and Mixed Vegetables
Chocolate Cake with Chocolate Custard |
| Tuesday, 8 | Sliced Roast Beef, Horseradish Sauce, Yorkshire Pudding, Vegetables and Roast Potatoes
Rice Pudding with Apples |
| Wednesday, 9 | Salmon and Leek Pie with Parsley Sauce, Vegetables and New Potatoes
Lemon Drizzle Cake with Custard |
| Friday, 11 | Chick Leg, Stuffing, Yorkshire Pudding, Vegetables And Roast Potatoes
Home-made Trifle |
| Monday, 14 | Tuna pasta bake with Salad and Peas
Apple and Pear Crumble with Custard |

- Tuesday, 15** Lamb Hot Pot with Vegetables
Profiteroles with Cream
- Wednesday, 16** Chicken casserole with Dumplings, Vegetables and New Potatoes
Fruit Jelly with Cream
- Friday, 18** Pork Chop, Apple Sauce, Vegetables and Roast Potatoes
Chocolate Mousse with Strawberries and Shortbread
- Monday, 21** Roast Turkey, Cranberry Sauce, Yorkshire Pudding, Vegetables and Roast Potatoes
Pineapple Up-side-down Cake with Custard
- Tuesday, 22** Gammon, Pineapple, Peas, Green Beans and Saute Potatoes
Butterscotch Delight with Shortbread
- Wednesday, 23** Steak and Kidney Pie with Vegetables and Mashed Potatoes
Fresh Fruit and Cream
- Friday, 25** Chicken Curry with Rice and Pot of Mixed Vegetables
Bread and Butter Pudding with Custard
- Monday, 28** Spaghetti Bolognese with a Pot of Grated Cheese
Jam and Coconut Sponge with Custard
- Tuesday, 29** Sliced Pork, Apple Sauce, Vegetables and Roast Potatoes
Cheesecake with fresh Strawberries
- Wednesday, 30** Chicken in White Wine Sauce, Vegetables and New Potatoes
Banana Delight with Fresh Banana

FRIDAYS

- 4 September:** Walnut Cake £1 a slice
11 September: Scones with Cream and Jam (no charge)
18 September: Individual Home-made Quiche £1
25 September: Chocolate Gateaux £1 a slice

Allergens in September's Menu

*Cream: Milk; Gravy: Wheat, Celery, Barley, Soya and Milk;
 Yorkshire Pudding: Wheat; Apple 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;
 Rice Pudding: Milk; Trifle: Wheat, Milk; Pastry: Wheat; Angel Delight/
 Mousse: Milk; Gateaux: Wheat; Meringue: Eggs;
 Steak and Kidney Pie: Wheat; Parsley Sauce: Milk; Strawberry Shortcake:
 Wheat; Cheese: Milk; Chocolate Mousse: Milk; Pastry: Wheat; Rice Pud-
 ding: Milk; Tuna Pasta Bake: Fish, Wheat & Milk; Dumplings: Wheat;
 Pineapple Up-side-down Cake: Milk & Wheat; Bread and Butter Pudding:
 Milk; Spaghetti Bolognese: Wheat*

Enjoy Your Meal

Bingo

Our first Bingo session was very successful. If you would like to play Bingo over the phone, please let Lisa know. We pair you up with a staff member/volunteer who relays the numbers over the phone as they are called. We give you a large card and counters and there are small prizes—there is no cost to taking part.

During the month of September, staff will be organising some visits to your home/garden/patio whilst keeping to the social distancing regulations — if you would like a visit, please do let Paul or Lisa know.

We will be putting Comments Cards in with the lunch bag, please fill one in if you would like to comment on the lunches or the service that you are receiving.

We will let you know as soon as we can start the “bubbles” at St Michael’s which will be for both SW11 and SW15 members.