



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 August's Menu

Gravy: Wheat, Celery, Barley; Stuffing: Wheat;

Yorkshire Pudding: Wheat; Steak & Kidney Pie: Wheat, Milk; Fish/Salmon; Fish; Sausages: Wheat; Curry: Wheat, Barley, Milk; Pasta:

Wheat; Fish Fingers/Fish: Wheat; Scampi: Wheat;

Omelette: Eggs, Milk; Naan Bread: Wheat; Quiche: Milk, Wheat, Eggs;

Parsley Sauce: Milk; Stuffing: Wheat; Creamy Spring Chicken Pasta: Wheat, Milk;

Rice Pudding: Milk; Custard: Milk,

Yoghurt: Milk; Cheesecake: Wheat, Milk; Meringue Nest: Eggs;

Profiteroles: Wheat; Pancakes: Wheat; Strawberry Eton Mess: Milk

Trifle: Wheat; Milk; Strudel: Wheat, Milk; Ice Cream: Milk;

Cream: Milk; Coconut and Jam Sponge: Wheat, Eggs, Milk; Flan: Wheat;

Crumble: Wheat, Milk, Eggs; Jam Roly Poly: Wheat, Milk, Eggs;

Hot Chocolate Fudge Cake: Wheat, Milk, Eggs; Banoffee Pie: Wheat, Milk, Eggs; Vienetta: Milk; Jaffa Cake: Wheat; Milk, Eggs

Enjoy your Meal

Welcome to Regenerate-RISE

Menu September 2023

- Friday, 1 Scampi, Peas, Salad and New Potatoes
Gateau and Cream
- Monday, 4 Shepherds Pie, Fresh Greens and Carrots
Berry Strudel with Custard
- Tuesday, 5 Sausages with Onions, Cauliflower, Green Beans and
Mashed Potatoes
Cheesecake and Ice Cream
- Wednesday, 6 Chicken Madras with Rice and Naan Bread
Strawberry Eton Mess
- Thursday, 7 Gammon with Pineapple, Peas, Fresh tomato, Saute
Potatoes and Parsley Sauce
Bakewell Tart with Custard
- Friday, 8 Sliced Turkey, Cranberry Sauce, Peas, Carrots and
Roast Potatoes
Fresh Fruit and Cream
- Monday, 11 Chicken Thighs, Broccoli, Roast Parsnips and Mashed
Potatoes
Peach Crumble with Custard
- Tuesday, 12 Pork Chop with Apple Sauce, Cabbage, Cauliflower
And Roast Potatoes
Jaffa Cake with Ice Cream
- Wednesday, 13 Steak and Kidney Pie, Green Beans, Carrots and
Mashed Potatoes
Banana Boat with Tinned Fruit, Cream and a Cherry
- Thursday, 14 Quiche, Coleslaw, Salad, Peas and New Potatoes
Home-made Trifle
- Friday, 15 Meat Balls, Rice Salad and Pitta Bread
Raspberry Ripple Ice Cream with Fresh Raspberries

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| Monday, 18 | BBQ Chicken, Roast Parsnips, Runner Beans and Saute Potatoes Jam Roly Poly with Custard |
| Tuesday, 19 | Minced Beef and Vegetable Pie, Brussel Sprouts, Carrots and Boiled Potatoes Hot chocolate Fudge Cake with Ice Cream |
| Wednesday, 20 | Roast Sliced Pork, Apple Sauce, Carrots, Cauliflower and Roast Potatoes Fruit Salad Cocktail with Cream |
| Thursday, 21 | Fish in Batter, Baked Beans, Peas, Saute Potatoes Bread and Butter Profiteroles with Ice Cream |
| Friday, 22 | Creamy Chicken Pasta Bake with Mixed Vegetables And Salad Rhubarb and Custard |
| Monday, 25 | Cottage Pie, Broccoli and Carrots Tropical Fruit with Double Cream |
| Tuesday, 26 | Gammon and Leek Pie, Parsley Sauce, Mushrooms, Broccoli and New Potatoes Coconut Sponge with Custard |
| Wednesday, 27 | Chicken Casserole, Cabbage, Green Beans and Mashed Potatoes Hot Pancakes with Bananas, Lemon and Ice Cream |
| Thursday, 28 | Spaghetti Bolognese with Cheese and Garlic Bread Banoffee Pie with Ice Cream |
| Friday, 29 | Roast Chicken, Stuffing, Yorkshire Pudding, Peas Cauliflower and Roast Potatoes Vienetta |

Please continue to complete a Comments Card with any ideas or changes that you would like to see either with the Activity Programme or the Lunches

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 (choice of 3 flavours)
Sorbet
Cheese and Biscuits (optional with grapes)

Lunch, Dessert and Juice is £7

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

**Breakfast is available until 10.30 am
Porridge with Fresh Fruit
Toast with Jam or Marmalade**

We will be using Drivers Direct to provide a driver to collect members from the Battersea area, three days a week until we are able to recruit a new Driver

It is a part of our new contract with Wandsworth, to follow the London Catering guidelines and following a visit recently, we passed with flying colours - please see the sticker on the front door.

There will not be a café in September, but on Saturday, 21 October we have The New MUGS (New Malden Ukulele Giants) entertaining us after lunch. We will be having lunch, a raffle and a great afternoon.