



020 8780 9330 (Platt) 020 7228 0245 (St Michael's)

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

Alternatives

**If you would like a Jacket Potato with Cheese/Beans
Vegetarian Omelette,
Potato Cake
Corned Beef Hash
Fish in Batter
Tuna/Corned Beef Salad
Quiche with Vegetables or Salad**

please ring up the day before to request it

**If you would like a yoghurt or Cheese and Biscuits instead of
the dessert please let us know**

We hope you enjoy your meal

Welcome to Regenerate-RISE

Menu February 2022

The Platt Centre is open on Monday, Tuesday, Thursday and Friday (not Wednesday). St Michael's is open Monday, Tuesday, Wednesday and Friday (not Thursday). Members are welcome to attend either Centre on the Wednesday and Thursday.

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| Tuesday, 1 | Spaghetti Bolognese with Cheese
Lemon Eton Mess |
| Wednesday, 2
& Thursday, 3 | Roast Turkey, Cranberry Sauce, Yorkshire Pudding
Brussel Sprouts, Carrots and Roast Potatoes
Fruit Jelly with Ice Cream |
| Friday, 4 | Salmon with White Wine & Leek Sauce, Green Beans,
Cauliflower and New Potatoes
Home-made Fruit Pie with Custard |
| Monday, 7 | Roast Chicken, Stuffing, Yorkshire Pudding, Cabbage,
Carrots and Roast Potatoes
Gateaux and Ice Cream |
| Tuesday, 8 | Boiled Gammon with Parsley Sauce, Pineapple, Fresh
Tomatoes, Peas and Saute Potatoes
Apple and Pear Crumble with Custard |
| Wednesday, 9 | Steak and Kidney Pudding with Roast Parsnips,
Broccoli and Mashed Potatoes
Home-made Trifle |
| Thursday, 10 | Steak and Kidney Pie with Roast Parsnips, Broccoli
And Mashed Potatoes
Home-made Trifle |
| Friday, 11 | Braised Beef with Onions, Spring Greens, Runner
Beans and Mashed Potatoes
Profiteroles and Ice Cream |
| Monday, 14 | Fish and Chips from the Fish Shop (£10)
Fresh Fruit and Cream |

Tuesday, 15 Chicken Coq Au Vin with Green Beans, Cauliflower and Dauphinoise Potatoes
Tarte au Citron with Ice Cream

Wednesday, 16 Pork Chop with Apple Sauce, Peas, Carrots and Roast
& **Thursday, 17** Potatoes
Meringue Nest with Strawberries and Whipped Cream

Friday, 18 Sausages, Onions, Cabbage, Runner Beans and Mashed Potatoes
Lemon Drizzle Cake with Custard

Monday, 21 Sweet and Sour Chicken with Rice or Potatoes and Mixed Vegetables
Chocolate Sponge with Chocolate Custard

Tuesday, 22 Sausage and Bean Casserole, Cauliflower, Fine Green Beans and New Potatoes
Cheesecake and Ice Cream

Wednesday, 23 Shepherds Pie, Peas and Carrots
& **Thursday, 24** Banana Split with Fruit, Chocolate Sauce and Spray Cream

Friday, 25 Boiled Bacon, Tinned Tomatoes, Baked Beans and Saute Potatoes
Carrot Cake and Custard

Monday, 28 Beef Casserole, Dumplings, Broccoli and Roast Parsnips And New Potatoes
Melon Medley and Ice Cream

AGM

**Regenerate-RISE is holding the AGM on Tuesday, 22 February from 2 - 3 pm and RISE SW11 will be joining us
We will review the year 2020-2021
You are welcome to join us**

Allergens in February's Menu

*Cream: Milk; Gravy: Wheat, Celery, Barley; Stuffing: Wheat;
Yorkshire Pudding: Wheat; Pie/Pastry: Wheat;
Custard: Milk; Fish: Fish, Milk, Wheat;
Sausages: Wheat; Eton Mess: Eggs; Milk
Trifle: Wheat, Milk; Cheese: Milk; Tarte au Citron: Wheat, Eggs;
Crumble: Wheat; Curry: Wheat, Barley, Milk; Meringue Nest: Eggs;
Fruit Pie: Wheat; Profiteroles: Wheat; Trifle: Wheat, Milk;
Carrot Cake/Chocolate Sponge/Gateaux/Lemon Drizzle Cake: Wheat, Eggs,
Milk; Cheesecake: Wheat, Milk;
Parsley Sauce: Milk; Spaghetti: Wheat;*

Please remember

HANDS FACE SPACE

**If you are not well - please let us know
and do not attend the Centres**

We are now moving out of Plan B in the country but we will be keeping in place the wearing of masks, the washing of hands and keeping space where we can.

You can now come on additional days to your current ones if you wish to — so please speak to Debbie to arrange transport if you need it or you can of course make your own way in

February 14 is Valentines Day, we have Songs on Wheels entertaining in SW15 and on February 15 Robbie entertaining in SW11.

We are continuing to celebrate different countries and cultures and on Tuesday 15 February we are holding a “French” day - if you have been to France and have any memorabilia to share, please bring it with you.
