



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

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 July 2021

The Platt Centre is open on Monday, Tuesday, Thursday and Friday (not Wednesday). St Michael's is open Monday, Tuesday, Wednesday and Friday. The ice cream is available to those lunching at the Centres.

Thursday, 1	Chicken Thighs wrapped in bacon, Broccoli, Peas & Roast Potatoes Strawberry Crumble and Custard
Friday, 2	Salmon in White Wine Sauce with Leeks, Green Beans, Carrots and New Potatoes Melon Medley with Ice Cream/Cream
Monday, 5	Shepherds Pie, Roast Parsnips & Cauliflower Fruit Sundae with Wafers
Tuesday, 6	Stewing Steak with Dumplings, Peas, Carrots & New Potatoes Cheesecake and Ice Cream/Cream
Wed & Thurs 7 & 8	Lamb Curry with Rice Hot Pancakes with Bananas & Chocolate Sauce
Friday, 9	Spaghetti Bolognese with Cheese Strawberry Home Made Trifle
Monday, 12	BBQ Chicken, Green Beans, Sweetcorn & New Potatoes Coffee & Butterscotch Delight with Shortbread & Cream
Tuesday, 13	CLOSED FOR STAFF TRAINING
Wed & Thurs 14 & 15	Steak & Kidney Pie, Broccoli, Carrots and Mashed Potatoes Chocolate Sponge with Chocolate Custard
Friday, 16	Lasagne with Salad and Peas Profiteroles and Ice Cream/Cream

Enjoy your meal

- Monday, 19** Sausage Casserole with Cauliflower, Carrots & Mashed Potatoes
Jam & Coconut Sponge with Custard
- Tuesday, 20** Roast Turkey, Stuffing, Yorkshire Pudding, Cabbage, Peas and Roast Potatoes
Peach Flan with Ice Cream/Cream
- Wed & Thurs 21 & 22** Spaghetti with Spinach, Bacon & Chicken in White Sauce with Mixed Vegetables
Fresh Fruit and Ice Cream/Cream
- Friday, 23** Fish in Parsley Sauce, Runner Beans, Roast Parsnips & Potatoes
Lemon Eton Mess
- Monday, 26** Pork Chop, Apple Sauce, Carrots, Broccoli & Roast Potatoes
Strawberry Sponge with Strawberry Sauce and Custard
- Tuesday, 27** Sausage & Bean Pasta Bake with Peas & Salad
Meringue Topped Fruit Pots
- Wed & Thurs 28 & 29** Chicken Curry with Rice/Vegetables & Potatoes
Sultana Sponge with Custard
- Friday, 30** Gammon with Pineapple & Tomato, Runner Beans, Baked Beans & Saute Potatoes
Rice Pudding and Jam

Allergens in July's Menu

Cream: Milk; Gravy: Wheat, Celery, Barley,

Yorkshire Pudding: Wheat; Pie: Wheat;

Custard: Milk; Fish Pie: Fish, Milk, Wheat; Shortcake: Wheat;

Sausages: Wheat; Spaghetti: Wheat

Rice Pudding: Milk; Trifle: Wheat, Milk; Pastry/Sponges:/Flan: Wheat;

Eggs; Sponges: Wheat, Eggs, Milk; Chocolate Sauce: Milk; Cheesecake:

Milk; Cheese: Milk; Profiteroles: Wheat

Pastry: Wheat; Dumplings: Wheat; Stuffing: Wheat

Chicken Supreme: Milk; Spaghetti: Wheat; Sponge Fingers: Wheat;

Crumble: Wheat; Pasta: Wheat; Lasagne: Wheat

FRIDAYS

The Gateaux are £1 a slice

- 5 July** Homemade Apple Pie and a pot of Cream
12 July Chocolate Fudge Cake
19 July Lemon Velvet Cake
26 July Rhubarb & Raspberry Black Forest Cake

Supply Bags are ending on 1 July 2021

If you are in need of one in an emergency please contact Paul or Lisa

We are moving towards increasing our number for lunches at the Centre and decreasing our community lunches - if you would like to attend more often please let us know. If you book a place and do not turn up without a valid reason, your place will be given to someone else.

Please remember

HANDS FACE SPACE

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

Please remember to complete the Comments Cards as it is important for us to report to Wandsworth how the service is going. If there are any activities you would like us to do, please do let us know. We are hoping to introduce chair based dance exercises some time in the future, but there will be a small charge as we have to pay the tutor.

Enjoy the month of July