



**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

### **Allergens in July's Menu**

*Cream: Milk; Gravy: Wheat, Celery, Barley; Stuffing: Wheat; Yorkshire Pudding: Wheat; Steak and kidney pie: Wheat; Custard: Milk; Fish/Salmon; Fish; Chasseur Sauce: Wheat; Sausages: Wheat; Trifle: Wheat, Milk; Cheese: Milk; Crumble: Wheat; Curry: Wheat, Barley, Milk; Cookies: Wheat; Carrot Cake: Wheat, Milk, Eggs; Spaghetti: Wheat; Rice Pudding: Milk; Yoghurt: Milk; Cheesecake: Wheat, Milk; Meringue Nest: Eggs; Brownies: Wheat, Milk, Eggs; Pasta: Wheat; Profiteroles: Wheat; Parsley Sauce: Milk; Apple Pie: Wheat, Milk, Eggs; Bread and Butter Pudding: Wheat, Milk, Eggs; Quiche: Milk, Wheat, Eggs; Fish Fingers: Wheat; Omelette: Eggs, Milk*

**Lunch, Dessert and Juice is £7**

**Tea/Coffee is 80p and £1**

# **Enjoy your Meal**

Welcome to Regenerate-RISE

## **Menu July 2022**

### **Days Open**

**The Platt: Monday, Tuesday, Thursday and Friday**  
**St Michael's: Monday, Tuesday, Wednesday and Friday**

**Friday, 1**      **Chicken Chasseur, Peas, Runner Beans and New Potatoes**  
**Bread and Butter Pudding with Custard**

**Saturday, 2**      **Café: Soup as a Starter**  
**Shepherds Pie with Cauliflower and Roast Parsnips**  
**Peaches and Ice Cream**

**Monday, 4**      **Platt: Celebrating Independence Day (USA)**  
**Burgers or Hot Dogs with Fries, Baked Beans And Coleslaw**  
**Cookies and Cream Ice Cream Sundae**

**St Michael's: Boiled Gammon, Pineapple, Tomato, Peas and Saute Potatoes with Parsley Sauce**  
**Cookies and Cream Ice Cream Sundae**

**Tuesday, 5**      **Platt: Roast Chicken, Stuffing, Brussel Sprouts, Carrots, Yorkshire Pudding and Roast Potatoes**  
**Greek Yoghurt with Fresh Strawberries**

**St Michael's: Celebrating Chinese**  
**Sticky Sweet Chilli Salmon with Rice and Bok Choy**  
**Chinese Almond Cookies with Lemon Sorbet**

**Wednesday, 6  
Thursday, 7** Sausage with Onions, Broccoli, Roast Parsnips and Mashed Potatoes  
Carrot Cake with Ice Cream

**Friday, 8** Fish Pie with Peas and Side Salad  
Home-made Apple Pie with Custard

**Monday, 11** Spaghetti Bolognese with Grated Cheese & Garlic Bread  
Mixed Fresh Berries Eton Mess

**Tuesday, 12** BBQ Chicken, Runner Beans, Sweetcorn & Saute Potatoes  
Rice Pudding with Rhubarb

**Wednesday, 13  
Thursday, 14** Sliced Pork, Apple Sauce, Cabbage, Carrots, Yorkshire Pudding and Roast Potatoes  
Home-made Trifle with Cream

**Friday, 15** Lamb Hot Pot with Red Cabbage and Cut Green Beans  
Vanilla Cheesecake with Mandarin Oranges & Ice Cream

**Monday, 18** Steak and Kidney Pie, Peas, Cabbage and New Potatoes  
Melon Medley with Plain Yoghurt or Ice Cream

**Tuesday, 19** Chicken Curry with Rice or Chicken Casserole with Vegetables  
Apple and Sultana Crumble with Custard

**Wednesday, 20  
Thursday, 21** Butterfly Turkey Roast, Cranberry Sauce, Cauliflower, Peas, Yorkshire Pudding & Roast Potatoes  
Raspberries in a Meringue Nest with Cream  
And Raspberry Ripple Ice Cream

**Friday, 22** Baked Salmon, Sliced Green Beans, Carrots and New Potatoes  
With the option of Coleslaw  
Chocolate Brownies and Chocolate Custard

**Monday, 25** Lasagne with Peas and Carrots  
Mixed Fresh Fruit with Cream or Ice Cream

**Tuesday, 26** Chicken Pasta Bake with Corn on the Cob and Mixed Salad  
Peach Melba with Ice Cream

**Wednesday, 27  
Thursday, 28** Battered Fish, Baked Beans, Peas and Saute Potatoes with Bread & Butter  
Rhubarb Pie and Custard

**Friday, 29** Braised Beef and Onions, Broccoli, Sliced Green Beans and Mashed Potatoes  
Profiteroles and Ice Cream

**Alternative Lunch**

Jacket Potato with Cheese/Beans/Tuna  
Vegetarian /Ham/Cheese/Tomato Omelette  
Fish Fingers or Fish in Batter  
Tuna/Corned Beef/Ham/Cheese Salad  
Quiche with Vegetables or Salad

**Please put in an alternative request by 10.30 am on the day**

**Alternative Dessert**

Fruit Yoghurt or Plain Yoghurt with Fruit  
Ice Cream (choice of 3 flavours)  
Sorbet  
Cheese and Biscuits