



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**

**Lunch is £7
Tea/Coffee is 80p and £1**

We hope you enjoy your meal

Welcome to Regenerate-RISE

Menu June 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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| Wednesday, 1 | Pie and Mash with Liquor (take away)
Melon Salad and Ice Cream £10 |
| Thursday, 2 | BANK HOLIDAY — Platinum Jubilee |
| Friday, 3 | BANK HOLIDAY — Platinum Jubilee |
| Monday, 6 | Sausages with Onions, Peas, Cauliflower and Mashed Potatoes
Strawberry Delight with Shortbread and Fresh Strawberries and Cream |
| Tuesday, 7 | Lamb Hotpot with Broccoli and Roast Parsnips
Coffee
Black Forest Gateaux and Cream |
| Wednesday, 8
Thursday, 9 | Roast Chicken, Stuffing, Yorkshire Pudding, Carrots, Brussel Sprouts and Roast Potatoes
Hot Pancakes with Banana, Ice Cream and Lemon |
| Friday, 10 | Fish Pie with Runner Beans and New Potatoes
Tropical Fruit with Cream or Ice Cream |
| Monday, 13 | Turkey Curry with Pilau Rice and Naan Bread or Turkey Stew with Vegetables and Boiled Potatoes
Fruit Strudel with Custard |
| Tuesday, 14 | Braised beef with Onions, Spring Greens, Carrots and Boiled Potatoes
Jam and Coconut Sponge with Custard |

Wednesday, 15 Boiled Gammon, Pineapple, Fresh Tomato, Saute
Thursday, 16 Potatoes with Parsley Sauce
 Banana Boat with Fruit, Cream and a Cherry on top

Friday, 17 Salmon in a Creamy Wine Sauce, Spinach, Roast
 Parsnips and New Potatoes
 Home-made Sherry Trifle

Monday, 20 CLOSED FOR STAFF TRAINING

Tuesday, 21 SW11: Celebrating the USA with Pizza/Burgers,
 Saute Potatoes and Salad
 Warm Donuts with Ice Cream Milkshakes

 SW15: Celebrating Italy with home-made Pizzas,
 Salad and Garlic Bread
 Torte Caprese (Chocolate Tart)

Wednesday, 22 Chicken wrapped in Bacon, Peas, Carrots and
Thursday, 23 Mashed Potatoes
 Orange Cheesecake with Mandarin Oranges and
 Ice Cream

Friday, 24 Fish and Chips Take Away—£10
 Vienetta

Saturday, 25 Café @ Platt Soup to start with followed by
 Shepherds Pie, Cauliflower and Broccoli
 Ice Cream Cornets with Chocolate Flake and Sauce

Monday, 27 Pork Chop in Cider, Apple Sauce, Cut Green Beans,
 Cabbage and Boiled Potatoes
 Rhubarb Crumble with Custard

Tuesday, 28 Sliced Turkey, Cranberry Sauce, Yorkshire Pudding,
 Broccoli, Carrots and Roast Potatoes
 Lemon Drizzle Cake with Custard

Wednesday, 29 Steak and Kidney Pie, Brussel Sprouts, Roast Parsnips
Thursday, 30 and Mashed Potatoes
 Strawberry Flan with Ice Cream

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

Allergens in May's Menu

Cream: Milk; Gravy: Wheat, Celery, Barley; Stuffing: Wheat;
Yorkshire Pudding: Wheat; Steak and kidney pie: Wheat;
Custard: Milk; Fish/Salmon; Fish;
Sausages: Wheat; Trifle: Wheat, Milk; Cheese: Milk; Pancakes: Wheat;
Milk Crumble: Wheat; Curry: Wheat, Barley, Milk;
Trifle: Wheat, Milk; Cheesecake: Wheat, Milk; Cream: Milk;
Parsley Sauce: Milk; Apple Pie: Wheat, Milk, Eggs;
Fruit Strudel: Wheat; Lemon Drizzle Cake: Wheat; Milk; Eggs; Bread and
Butter Pudding: Wheat; Milk; Eggs; Strawberry Delight/Shortbread: Wheat,
Milk; Black Forest Gateaux: Wheat, Eggs, Milk; Pancakes: Wheat, Milk;
Jam and Coconut Sponge: Wheat; Eggs, Milk; Donuts: Wheat;
Torte Caprese: Wheat; Vienetta: Milk; Cornets: Wheat; Strawberry Flan:
Wheat

Adopt a Granny/Granddad

We have volunteers who are very keen to visit you in your own home on a regular basis. If you are interested, please speak to Matt and he will match you with one of our brilliant volunteers

Platinum Jubilee Celebrations

We are looking forward to celebrating the Queen's Platinum Jubilee and are hoping to have entertainment at both Centres. We also thought it would be nice if we all signed a card and sent it to Buckingham Palace.

Café @ Platt

The next Café will be on Saturday, 25 June. We will be playing Bingo, holding a raffle and hope to have a fun afternoon. If you would like to come, please give Lisa or Debbie your names. It will be the normal cost for lunch and transport.

Hope you have a good month