



**020 8780 9330**

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 August 2020**

All the meals are with the Vegetables of the Day—we are not always able to be specific as it depends what is available on the day

We are now providing lunches four days a week: Monday, Tuesday, Wednesday and Friday only. The cost is £6 each.

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|---------------|--|
| Monday, 3     | Chicken Curry with Rice<br>Vanilla Cheesecake with Oranges   |
| Tuesday, 4    | Gammon with Pineapple, Tomato, Peas and Saute Potatoes<br>Bakewell Tart and Custard                                    |
| Wednesday, 5  | Steak and Kidney Pie, Vegetables and New Potatoes<br>Chocolate Angel Delight with Fresh Raspberries & Cream            |
| Friday, 7     | Sliced Turkey, Yorkshire Pudding, Stuffing, Vegetables,<br>Roast Potatoes and Cranberry Sauce<br>Melon Salad and Cream |
| Monday, 10    | Lamb Hot Pot with Vegetables<br>Profiteroles and Cream   |
| Tuesday, 11   | Roast Chicken, Stuffing, Yorkshire Pudding, Vegetables<br>and Roast Potatoes<br>Lime and Coconut Sponge with Custard   |
| Wednesday, 12 | Braised Beef and Onions, Vegetables and Mashed Potatoes<br>Fresh Fruit and Cream                                       |
| Friday, 14    | Salmon in Parsley Sauce with Vegetables and New Potatoes<br>Peach Crumble and Custard                                  |

- Monday, 17** Sausage Casserole, Vegetables and Mashed Potatoes  
Meringue Nest with Strawberries and Cream
- Tuesday, 18** Gammon and Leak Pie, Vegetables, New Potatoes and Parsley Sauce  
Rice Pudding and Jam
- Wednesday, 19** Chicken Pasta Bake with Peas and Side Salad  
Chocolate Mousse with Pears
- Friday, 21** Spaghetti Bolognese and a pot of Grated Cheese  
Apple Pie and Custard
- Monday, 24** Fish Pie with Vegetables and Saute Potatoes  
Lemon  
Fresh Fruit Medley
- Tuesday, 25** Roast Beef, Yorkshire Pudding, Vegetables, Roast Potatoes and Horseradish Sauce  
Home-made Trifle
- Wednesday, 26** Chicken Wrapped in Bacon with Vegetables and New Potatoes  
Banana Angel Delight with Shortbread
- Friday, 28** Sliced Pork, Stuffing, Vegetables, Roast Potatoes and Apple Sauce  
Lemon and Lime Cheesecake and Cream

**FRIDAYS**

- August 7** Scones with Jam and Cream (no charge)  
**August 14** Fairy Cakes for Sale at 50p each for weekend  
**August 21** Carrot Cake Gateaux £1 a slice for weekend  
**August 28** Individual home-made Quiche £1 for weekend

**PLEASE ORDER THE CAKES IN ADVANCE**

**ENJOY YOUR LUNCH**  
and don't forget to order your cakes

**Allergens in August's Menu**

*Cream: Milk; Gravy: Wheat, Celery, Barley, Soya and Milk;*  
*Yorkshire Pudding: Wheat; Peach or Apple Crumble/Pie: Wheat;*  
*Cheesecake: Wheat; Lemon & Lime or Vanilla Cheesecake: Wheat, Eggs, Milk; Profiteroles: Wheat, Milk; Custard: Milk; Bakewell Tart Wheat, Milk, Eggs; Fish in Batter: Fish, Milk, Wheat; Salmon/Fish Pie: Fish & Shortcake: Wheat; Sausages: Wheat; Stuffing: Wheat;*  
*Rice Pudding: Milk; Trifle: Wheat, Milk; Pastry: Wheat; Angel Delight: Milk; Gateaux: Wheat; Meringue: Eggs;*  
*Steak and Kidney Pie: Wheat; Parsley Sauce: Milk; Trifle: Milk, Wheat; Strawberry Shortcake: Wheat; Cheese: Milk; Chocolate Mousse: Milk*

**PLEASE BE AWARE**

We have a report that a person impersonating a Staff member of Regenerate-RISE has telephoned one of our clients asking for their Bank Details.

We would never ask for your Bank Details over the phone so please if anyone asks you for them, ring us immediately to let us know and we will inform the Police.

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It is very important that you continue to stay safe. Please wear your mask if you are going on public transport or shopping. Sadly, it will still be some time before we are able to open the Centres but if there is anything we can do to help you during the next couple of months, please do not hesitate to ask.

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We still have lots of activities for you to do, please do ask us if you would like to do a "painting by numbers", a jigsaw, knit a jumper or a new colouring book. Also let us know if you would like to play Bingo over the phone at no cost to you. There will be a prize for the winners. Ring Paul or Lisa to let them know if you are interested.