



Welcome to Regenerate-RISE

Week beginning: 21 May 2007

Monday, 21

Steak and kidney Pie, Broccoli, Mushrooms and New Potatoes

Banana and Custard Pie and Cream

Bananas and Cream

Wednesday, 23

Pork Chop, Apple Sauce, Runner Beans, Swede and Carrot Mix and Mashed Potatoes

Raspberry Roulade and Cream

Strawberries and Cream

Thursday, 24

Cottage Pie, Broccoli and Courgettes

Fruit Jelly and Cream

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Friday, 18

Fish, Chips and Peas with bread and butter

Semolina and Jam

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Please request an alternative the day before by completing a “Change of Menu” form – or telephone the day before - 020 8780 9330

- ** Jacket Potato with cheese, baked beans, tuna – all with side salad ****
- ** Omelette with Cheese, Cheese & Tomato, Cheese & Ham or Plain ****
- ** Ham, Corned Beef, Salmon, Sardines, Tuna, Mackerel - Salad ****
- ** Fish in Parsley or Butter Sauce with the vegetables of the day ****
- ** Tinned Fruit, Ice Cream, Yoghurt, Cheese and Biscuits, Fresh Fruit ****

Enjoy your meal