



# 'GAGES'

## FOREST ROW COMMUNITY CENTRE LUNCHES FOR AUGUST 2020 DURING LOCKDOWN



MONDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3<sup>rd</sup></b> Broccoli &amp; Horseradish Soup  Shepherd's Pie or Shepherdess Pie (V)  Rosy Red Fruit Salad &amp; Cream</p>	<p><b>5<sup>th</sup></b> Pea &amp; Mint Soup  Roast Beef or Welsh Onion, Leek &amp; Potato Pie (V)  Strawberry &amp; Rhubarb Tart</p>	<p><b>6<sup>th</sup></b> Tomato &amp; Lentil Soup  Salmon En crouete or Stuffed Courgettes (V)  Sticky Gingerbread &amp; Lemon Sauce</p>	<p><b>7<sup>th</sup></b> Carrot &amp; Coriander Soup  Coq Au Vin or Roast Vegetable Tart (V)  Tiramisu</p>
<p><b>10<sup>th</sup></b> Tomato &amp; Bean Soup  Quiche Lorraine or Vegetable Quiche (V)  Plum Sponge &amp; Custard</p>	<p><b>12<sup>th</sup></b> Butternut Squash Soup  Sage &amp; Orange Chicken or Vegetable Frittata (V)  Summer Fruit Shortcake</p>	<p><b>13<sup>th</sup></b> Celery &amp; Stilton Soup  Roast Pork or Roasted Root Vegetable Crumble (V)  Gooseberry Fool</p>	<p><b>14<sup>th</sup></b> Melon &amp; Parma Ham  Beef Casserole or Vegetable &amp; Bean Casserole (V)  Crunchy Cherry Tart</p>
<p><b>17<sup>th</sup></b> Minestrone Soup  Fish Pie or Mozzarella Stuffed Mushrooms (V)  Chocolate Cheesecake</p>	<p><b>19<sup>th</sup></b> Watercress Soup  Roast Turkey or Vegetable Risotto (V)  Tropical Fruit Salad</p>	<p><b>20<sup>th</sup></b> Cream of Mushroom Soup  Moroccan Cottage Pie or Lentil &amp; Balsamic Cottage Pie (V)  Apricot &amp; Peach Tart</p>	<p><b>21<sup>st</sup></b> Leek &amp; Potato Soup  Chicken &amp; Coconut Curry Or Vegetable Curry  Eton Mess</p>
<p><b>24<sup>th</sup></b> Vegetable Soup  Beef &amp; Mushroom Pie or Vegetable Pasta (V)  Apple &amp; Plum Crumble</p>	<p><b>26<sup>th</sup></b> French Pea Soup  Nicoise Salad or Beetroot Nicoise Salad (V)  Chocolate &amp; Orange Tart</p>	<p><b>27<sup>th</sup></b> Spicy Parsnip Soup  Pork &amp; Sweet Pepper Casserole or Macaroni Cheese (V)  Sherry Trifle</p>	<p><b>28<sup>th</sup></b> Sweet Potato &amp; Coconut Soup  Roast Lemon &amp; Garlic Chicken or Vegetable Stir-fry (V)  Crème Caramel</p>

Please note that menus are subject to change at times  
Please Call 01342 822661 By 11am to order for that day