



'GAGES'

FOREST ROW COMMUNITY CENTRE LUNCHES FOR JULY 2020 DURING LOCKDOWN



MONDAY	WEDNESDAY	THURSDAY	FRIDAY
29TH June Broccoli & Stilton Soup Salmon Quiche Or Vegetable Quiche (V) Sticky Toffee Pudding	1st Butternut & Carrot Soup Roast Lamb Or Vegetable Risotto (V) Fruit Crumble	2nd Pea & Mint Soup Beef & Mushroom Pie Or Vegetable & Cheese Pie (V) Gooseberry Fool	3rd Tomato & Basil Soup Normandy Pork Or Vegetable & Bean Casserole (V) Meringues with Fruit & Cream
6TH Leek & Potato Soup Lamb Hotpot Or Macaroni Cheese (V) Eton Mess	8TH Vegetable Soup Coq au Vin Or Spanish Omelette (V) Minty Fruit Salad	9TH Cream of Mushroom Soup Roast Pork Or Nut & Lentil Loaf (V) Baked Stuffed Nectarines	10TH Carrot & Coriander Soup Italian Meatballs Or Vegetable Pasta (V) Chocolate Gateau
13TH Cream or Celeriac Soup Meatloaf Or Cauliflower Cheese (V) Orange Posset	15TH Watercress & Rocket Soup Sweet & Sour Pork Or Sweet & Sour Vegetables (V) French Apricot Tart	16TH Tomato & Lentil Soup Chicken & Leek Pie Or Aubergine & Haloumi Pie (V) Summer Fruit Gateau	17TH Soup of the Day Roast Turkey Or Mediterranean Vegetable Tart (V) Lemon Roulade
20th Sweetcorn Chowder Fish Pie Or Stuffed Mushrooms (V) Fresh Fruit Salad	22nd Spicy Parsnip Soup Roast Chicken Or Roasted Root & Cheese Crumble (V) Strawberry Meringue Cake	23rd Sweet Potato & Coconut Soup Spanish Pork Casserole Or Butternut Squash Risotto (V) Chocolate Trifle	24TH French Onion Soup Beef Lasagne Or Vegetable Lasagne (V) Fruit Pie & Custard
27th Carrot & Orange Soup Herb Crusted Fish Or Mushroom Risotto (V) Lemon Meringue	29th Vegetable Soup Roast Gammon Or Cheese Pasties (V) Plum Upside-Down Pudding	30th Minestrone Soup Lamb & Mint Casserole Or Stuffed Peppers (V) Nectarine & Peach Tart	31st Cream of Spinach Soup Chicken Casserole Or Vegetable Frittata (V) Vanilla Cheesecake

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