



**'GAGES'**  
**FOREST ROW COMMUNITY CENTRE LUNCHES**  
**MAY 2025**



WEDNESDAY	THURSDAY	FRIDAY
30 <sup>TH</sup> April Carrot and Coriander Soup  Cottage Pie Or Spinach and Leek Gratin (V)  Lemon Drizzle Cake	1 <sup>ST</sup> May Cream of Asparagus Soup  Spanish Pork with Olives Or Bean and Vegetable Stew (V)  Rhubarb and Apple Crumble	2 <sup>ND</sup> Moroccan Spiced Tomato and Lentil Soup  White Fish in Parsley Sauce Or Beetroot, Dill and Cheese Tart (V)  Squidgy Pear and Chocolate Pudding
7 <sup>TH</sup> Cream of Spinach Soup  Chicken in Mushroom Sauce Or Goat's Cheese, Pesto and Vegetable Bake (V)  Apple Tart Tatin	8 <sup>TH</sup> Carrot and Orange Soup  Savoury Meatloaf and Ratatouille Or Vegetable Frittata (V)  Bread and Butter Pudding	9 <sup>TH</sup> Minestrone Soup  Honey Roast Gammon Or Pear, Walnut and Blue Cheese Tart (V)  Blackberry Posset
14 <sup>TH</sup> Tomato and Basil Soup  Thai Green Chicken Curry Or Chickpea and Spinach Curry (V)  Blueberry Cheesecake	15 <sup>TH</sup> Goulash Soup  Roast Lamb Or Lentil and Nut Roast (V)  Stone Fruit Tart	16 <sup>TH</sup> Cauliflower and Chestnut Soup  Venison Lasagne Or Roasted Vegetable Lasagne (V)  Tiramisu
21 <sup>ST</sup> Parsnip and Carrot Soup  Normandy Pork Or Spiced Roast Cauliflower with Okra (V)  Tarte au Citron	22 <sup>ND</sup> Leek and Bean Soup  Beef Stroganoff Or Mushroom Stroganoff (V)  Chocolate Cloud Cake with Berries	23 <sup>RD</sup> Vegetable Noodle Soup  Fish Pie Or Stuffed Aubergines (V)  Pavlova

**PLEASE TURN OVER FOR FINAL WEEK IN MAY...**

**Prices: Soup £2.50 Main £4.50 Dessert £2.50**

**Please note that menus are subject to change at times**

**Lunch is served between 12.30pm and 1.45pm.**

**Call 01342 822661 before 11am to place a delivery order.**

**Frozen meals often available for £2.50. Please ask a member of staff.**





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## FOREST ROW COMMUNITY CENTRE LUNCHES

### May 2025

WEDNESDAY	THURSDAY	FRIDAY
28 <sup>TH</sup> Sweetcorn Chowder  Beef and Ale Stew with Dumplings Or Lentil and Mushroom Pie (V)  Self-Saucing Butterscotch Pudding	29 <sup>TH</sup> Pea and Mint Soup  Chicken Marengo Or Roasted Vegetable Nut Crumble (V)  Strawberry and Rhubarb Tart	30 <sup>TH</sup> Roasted Carrot and Sweet Potato Soup  Twice Roast Pork Or Baked Rice with Artichokes, Peppers and Olives (V)  Banoffee Pie

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