



'GAGES'

FOREST ROW COMMUNITY CENTRE LUNCHES

JULY 2022



WEDNESDAY	THURSDAY	FRIDAY
<p>6th Miso Noodle Soup Chicken Tikka Masala Or Stilton Stuffed Squash(V) Raspberry & White Chocolate Pudding</p>	<p>7th Butternut & Ginger Soup Lamb Moussaka Or Vegetable Moussaka(V) Apricot Tart Tatin</p>	<p>8th Green Vegetable Soup Italian Meatballs Or Broccoli Mac & Cheese(V) Chocolate Mousse</p>
<p>13th Mackerel Pate Roast Beef Or Nut Roast(V) Vanilla Cheesecake</p>	<p>14th Pea & Mint Soup Chicken with Pesto Crust Or Spanish Omelette(V) Strawberry & Rhubarb Tart</p>	<p>15th Tomato & Lentil Soup Baked Salmon Or Baked Tomato & Mozzarella Orzo(V) Apple Cobler</p>
<p>20th Courgette & Cheddar Soup Honey Glazed Gammon Or Spiced Aubergine Pilaf(V) Lemon Posset</p>	<p>21st Spinach & Watercress Soup Sweet & Sour Pork Or Sweet & Sour Quorn(V) White Chocolate & Raspberry Cake</p>	<p>22nd Carrot & Coriander Soup Chicken Arrabiata Or Baked Cauliflower Pizzaiola(V) Mango Mousse</p>
<p>27th Cream of Spinach Soup Mediterranean Fish Stew Or Vegetable Mediterranean Stew(V) Fruit Salad</p>	<p>28th Tomato & Basil Soup Turkey & Ham Pie Or Aubergine, Tomato & Haloumi Pie(V) Banana Split</p>	<p>29th Broccoli & Stilton Soup Pork in Madeira Sauce Or Goat Cheese & Vegetable Tart(V) Eton Mess</p>

Prices: Soup £2.50 Main £4.50 Dessert £2.50

Please note that menus are subject to change at times

Call 01342 822661 before 11am to book

Lunch served between 12:30pm-1:45pm

