



'GAGES'

FOREST ROW COMMUNITY CENTRE LUNCHES AUGUST 2022



WEDNESDAY	THURSDAY	FRIDAY
3 RD Vegetable Soup Spanish Chicken Or Butternut Squash Risotto(V) Apple & Raspberry Pie	4 TH Leek & Potato Soup Roast Pork Or Mushroom & Aubergine Stacks(V) Strawberry Meringue Cake	5 TH Minestrone Soup Smoked Fish Or Cheesy Leek Bake(V) Chocolate Mousse
10 TH Mackerel Pate Cottage Pie Or Vegetable Cottage Pie(V) Lemon Posset	11 TH Carrot & Courgette Soup Beef Casserole Or Butterbean & Feta Cheese Stew(V) Mixed Berry Shortcake	12 TH Spinach & Watercress Soup Roast Turkey Or Vegetable Frittata(V) Fresh Fruit Salad
17 TH Prawn Cocktail Lemon & Garlic Chicken Or Stuffed Peppers(V) Chocolate Gateau	18 TH Spiced Lentil & Butternut Squash Soup Quiche Lorraine Or Vegetable Quiche(V) Sherry Trifle	19 TH Tomato & Bean Soup Teriyaki Salmon Or Chickpea Casserole(V) Eton Mess

**We will be closed for 2 weeks and will return on
Wednesday 7th September**

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 home delivery**

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

