



'GAGES'

FOREST ROW COMMUNITY CENTRE LUNCHES SEPTEMBER 2022



WEDNESDAY	THURSDAY	FRIDAY
<p>7TH</p> <p>Carrot & Coriander Soup</p> <p>Roast Lemon & Herb Chicken Or Roasted Vegetable Tart(V)</p> <p>Chocolate Peacan Pie</p>	<p>8TH</p> <p>Pea & Mint Soup</p> <p>Spanish Lamb Or Mushroom Risotto(V)</p> <p>Nectarine & Apricot Tart</p>	<p>9TH</p> <p>Minestrone Soup</p> <p>Teriyaki Salmon Or Spanish Omelette(V)</p> <p>Ginger Cake & Rum Sauce</p>
<p>14TH</p> <p>Roasted Beetroot & Feta Soup</p> <p>Turkey in Sherry Sauce Or Mixed Bean Casserole(V)</p> <p>Rhubarb & Apple Crumble</p>	<p>15TH</p> <p>Butternut & Ginger Soup</p> <p>Roast Pork Or Stuffed Peppers(V)</p> <p>Minty Fruit Salad</p>	<p>16TH</p> <p>Leek & Potato Soup</p> <p>Beef Goulash Or Maccaroni Cheese(V)</p> <p>Blueberry Slice</p>
<p>21ST</p> <p>Spinach & Watercress Soup</p> <p>Beef Lasagne Or Vegetable Lasagne(V)</p> <p>Bread & Butter Pudding</p>	<p>22ND</p> <p>Sweet Potato & Coconut Soup</p> <p>Smoky Fish Pie Or Cauliflower Cheese(V)</p> <p>Chocolate & Pear Pudding</p>	<p>23RD</p> <p>Tuscan Bean Soup</p> <p>Sausage & Mash Or Vegetarian Sausage & Mash(V)</p> <p>Lemon Posset</p>
<p>28TH</p> <p>French Onion Soup</p> <p>Normandy Pork Or Butternut & Pea Risotto(V)</p> <p>Baked Nectarines with Honey</p>	<p>29TH</p> <p>Cream of Mushroom Soup</p> <p>Roast Beef Or Stuffed Courgettes(V)</p> <p>Ginger Tiramisu</p>	<p>30TH</p> <p>Broccoli & Stilton Soup</p> <p>Chicken Casserole Or Baked Tomato & Mozzarella Orzo(V)</p> <p>Apple & Raspberry Pie</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

