



# 'GAGES'



## FOREST ROW COMMUNITY CENTRE LUNCHES

### OCTOBER 2023

WEDNESDAY	THURSDAY	FRIDAY
<p>4<sup>TH</sup> Moroccan Spicy Tomato &amp; Lentil Soup</p> <p>Lancashire Hotpot Or Ratatouille Hotpot(V)</p> <p>Chocolate Roulade</p>	<p>5<sup>TH</sup> Carrot &amp; Courgette Soup</p> <p>Chicken Casserole with Pesto Dumplings Or Mixed Bean Casserole with Haloumi(V)</p> <p>Blackberry and Apple Crumble</p>	<p>6<sup>TH</sup> Cream of Celeriac Soup</p> <p>Fish in Parsley Sauce Or Leek &amp; Stilton Pithivier(V)</p> <p>Sticky Toffee Pudding</p>
<p>11<sup>TH</sup> Cream of Mushroom Soup</p> <p>Thai Green Chicken Curry Or Aubergine &amp; Pineapple Curry(V)</p> <p>Apple Strudel</p>	<p>12<sup>TH</sup> Leek and Bean Soup</p> <p>Roast Pork Or Smoky Stuffed Peppers(V)</p> <p>Jam Sponge &amp; Custard</p>	<p>13<sup>TH</sup> Spicy Roast Parsnip Soup</p> <p>Beef Lasagne Or Roasted Vegetable Lasagne(V)</p> <p>Banoffee Pie</p>
<p>18<sup>TH</sup> Courgette, Leek, &amp; Goat's Cheese Soup</p> <p>Sausage Casserole Or Veggie Sausage Casserole(V)</p> <p>French Apple Tart</p>	<p>19<sup>TH</sup> Tomato and Basil Soup</p> <p>Steak &amp; Mushroom Pie Or Cheese &amp; Vegetable Pie(V)</p> <p>Banana Split</p>	<p>20<sup>TH</sup> Cream of Spinach Soup</p> <p>Roast Chicken Or Macaroni Cheese(V)</p> <p>Lemon Drizzle Cake &amp; Custard</p>
<p>25<sup>TH</sup> Celery and Stilton Soup</p> <p>Fish Pie Or Stuffed Butternut Squash(V)</p> <p>Fruit Pavlova</p>	<p>26<sup>TH</sup> Sweet Potato Coconut Soup</p> <p>Malay Chicken Curry Or Chickpea Curry(V)</p> <p>Pineapple Upside Down Pudding</p>	<p>27<sup>TH</sup> French Onion Soup</p> <p>Roast Beef Or Mushroom Risotto(V)</p> <p>Chocolate Tart</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 a delivery**  
**Lunch served between 12:30pm – 1:45pm**