



'GAGES'

FOREST ROW COMMUNITY CENTRE LUNCHES

NOVEMBER 2023



WEDNESDAY	THURSDAY	FRIDAY
<p>1st Celeriac and Apple Soup Normandy Pork Or Spicy Root Vegetable and Lentil Casserole (V) Lemon Posset</p>	<p>2nd Tomato and Lentil Soup Sticky Orange Chicken Or Beetroot and Haloumi Burgers (V) Caramel Croissant Bread and Butter Pudding</p>	<p>3rd Leek and Potato Soup Salmon in Creamy Tarragon Sauce Or Sweet Potato, Red Pepper, and Feta Frittata (V) Black Forest Gateau</p>
<p>8th Roasted Red Pepper and Sweet Potato Soup Chicken in Creamy Mushroom Sauce Or Stuffed Mushrooms(V) Crème Brulée</p>	<p>9th Butternut and Ginger Soup Beef Stew and Dumplings Or Vegetable Stew and Dumplings(V) Salted Caramel and Apple Pudding</p>	<p>10th Creamy Tomato Soup Roast Gammon Or Goat's Cheese and Red Pepper Tart (V) Lemon Meringue Pie</p>
<p>15th Pumpkin and Lentil Soup Roast Chicken Or Butterbean Casserole(V) Plum Pie</p>	<p>16th Golden Cider Soup Braised Pork Cottage Pie Or Lentil and Vegetable Cottage Pie (V) Queen of Puddings</p>	<p>17th Roasted Beetroot and Feta Soup Meatballs in Tomato Sauce Or Meatless Balls(V) Apple Crumble and Custard</p>
<p>22nd Green Vegetable Soup Parmesan and Herb crusted Fish with Tomato Salsa Or Vegetable Cobbler (V) Chocolate Surprise Pudding</p>	<p>23rd Celery and Stilton Soup Sausages and Mash with Onion Gravy Or Veggie Sausages and Mash (V) Bakewell Tart and Custard</p>	<p>24th Spiced Carrot and Lentil Soup Roast Beef Or Butternut Squash Risotto(V) Ginger Cake with Ice Cream</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