

Our Prices

Main course	£4
Pudding.....	£1.50
Coffee or Tea	50p
Annual Membership.....	FREE



Please give us prior notice when booking due to our policy to provide freshly cooked meals each day. To book, pop in or call on **07510930601** no later than **10am** on the day.

Food allergies should be notified either beforehand or at the point of order.

To accompany each meal we provide a hot or cold dessert varied from day to day.

Please let us know if you have a preference for food items you like and dislike and we will ensure your requests are satisfied.

For further information either pop in or call us on **07510930601**.

Charitable Company Limited by Guarantee. Registered in England 5325167
Registered charity No. 1108177 30/01/2020

SOCIAL PRESCRIBING

How a Link Worker can help

Our team of friendly Live Well Link Workers work in partnership with GP surgeries across Tendring. They will give you time and can help you to access appropriate support within the local community.

- Support available includes advice on: Healthy living; Weight management; Lifestyle; Maintaining physical and mental wellbeing; Supporting independence - mobility and equipment; Looking after someone; Getting out and about; Home adaptations; Money worries; Social inclusion .
- Helping you to make positive changes to your health and wellbeing.
- Identifying and linking you into appropriate support in the community.
- Assisting you in developing personal goals focused on what matters to you.

Whether you are living with a long term health condition, coping with a lifestyle change or would just like to give your mood and health a boost - with our up to date knowledge of local organisations we can help you explore the options that are right for you.

To speak to the Link Worker for your area, please call: 01255 425 692



Clacton Lunch Club July 2021

Mon, Tues, Weds, Thurs & Fri
From 12noon

£4 main

£1.50 pudding

Free membership

99 Carnarvon Road

Tel: **07510930601**

to book your place!



CLACTON LUNCH CLUB *MENU*

Week Commencing	28 th June	5 th July	12 th July	19 th July
Monday	Scampi & Chips Or Chicken & leek Pie	CLOSED	Chicken & Mushroom Sauce Or Toad in the Hole	Beef Stew & Dumplings Or Chicken Curry
Tuesday	Cottage Pie Or Sweet & Sour Chicken	Steak & Kidney Pie Or Chicken Supreme	Roast Chicken Or Lasagne, Salad & Chips	Hunters Chicken Or Fish Pie
Wednesday	Roast Chicken Or Spaghetti Bolognaise	Beef Stew & Dumpling Or Hunters Chicken	Irish Stew Or Chicken Chasseur	Sausage Casserole Or Omelette, chips & salad
Thursday	Sausage & Mash With Onion Gravy Or Minced Beef Pie	Quiche, Saute Pots,B Beans or Salad Or Turkey & Ham Pie	Beef Cobbler Or Braised Pork & Apple	Liver & Bacon Casserole Or Pork Chop
Friday	CLOSED	Lamb Hot Pot Or Fish & Parsley Sauce	Shepherd's Pie Or Battered Fish & Chips	Roast Beef Or Steak Pie