

Our Prices

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



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Please give 24 hours' notice when booking due to our policy to provide freshly cooked meals each day. To book, pop in or call on **01255 475913**.

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

To accompany each meal, we provide a hot or cold desserts if required.

For further information either pop in or call us on 01255 475913.



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 2022

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

£4 main

£1.50 Pudding

Free membership

99 Carnarvon Road

Tel: **01255 475913** to book your place!



CLACTON LUNCH CLUB - MENU

	4 th July	11 th July	18 th July	25 th July
Mon	Hunters Chicken OR Savoury Mince	Lasagne, Chips & Salad OR Minced Beef Pie	Scampi Bites & Chips OR Chicken Casserole	Roast Chicken OR Cottage Pie
Tue	Roast Pork OR Beef Stew & Dumplings	Chicken with Mushroom Sauce OR Sausage & Mash	Hunters Chicken OR Pork Chop	Beef Cobbler OR Omelette, Chips, Beans/Salad
Wed	Chicken & Leek Pie OR Beef Hot Pot	Roast Chicken OR Tomato & Meatball Pasta Bake	Liver & Bacon Casserole OR Cornish Pasty	Steak & Ale Pie OR Chicken Supreme
Thu	Steak & Kidney Pie OR Ham, Egg, Chips & Beans	Fish & Chips OR Braised Pork & Apple	Roast Pork OR Spaghetti Bolognese	Fish Pie OR Chicken Chasseur
Fri	Fish & Parsley Sauce OR Sausage Casserole	Steak & Veg Pie OR Chicken Curry	Shepherd's Pie OR Sweet & Sour Chicken	Toad in the Hole OR Quiche, Saute, Salad/Beans