



the summer lunch

Sunday 26th July 2026



12:30pm to dine at 1:00pm Booking Form
EBM Centre, 16 Seaview Rd, Peacehaven, BN10 8PX

COST £37 (Drinks extra)		Name 1		Name 2	
Who would you like to sit with?					
Dietary information: e.g. allergies, gluten free etc					
If you are not an N&P u3a member, please give a contact phone number:					
PAYMENT	Cheque Made payable to Newhaven & Peacehaven u3a	Bank Transfer Sort code 60-16-41 Account No. 83005390 Use ref: Summer		Cash Exact amount only in a sealed envelope.	Card At a monthly meeting.
TO BOOK	- Use this form and post it with the payment to Tony Garwood 16 Horsham Avenue, Peacehaven, BN10 8HX. - Or hand it to Tony Garwood, with the payment, in a sealed envelope at a monthly meeting.				
	Or send an email to u3aNP@outlook.com (the email must have the details required here).				

Make your choice for each course

to start

Name 1	Carrot & Coriander Soup (Gluten Free) (Vegan)		Deep Fried Brie, Rocket Salad & Cranberry Sauce (Vegetarian)		Smoked Salmon with Zested Lemon Crème Fraiche (Gluten free available)	
Name 2						

to follow

Name 1	Vegetable Lasagne (Vegan) (Gluten free available)		Chicken stuffed with Mozzarella Cheese finished off in a Provencal Sauce (Gluten Free)		Sea Bass with a White Wine, Lemon & Cream Sauce (Gluten free available)	
Name 2						

to finish

Name 1	New York Baked Cheesecake (Gluten free available)		Apple & Cinnamon Crumble with Custard		Vanilla ice-cream		Selection of 3 cheeses, biscuits, grapes, celery & Onion Chutney (Gluten free available)	
Name 2								

Your booking is not secured until payment, & this form or required information, have been received.

Please note this fee is non-refundable. If you book and are not able to attend, you will not be reimbursed by the Committee. It will be up to you to find a replacement and get them to pay you directly.
You must let Tony Garwood know who your substitute is.

LAST DATE FOR BOOKING: 2nd July 2026

