

ARCO (Association of Retired Council Officers) Newsletter

Autumn 2022

www.arco-kingston.org.uk email secretary@arco-kingston.org.uk



Our Forthcoming Events

Monday 19 September 2022	Informal meal at Boaters, Canbury Gardens 12 noon
Wednesday 19 October 2022	Coffee Morning, Guildhall 11.00 am <i>Please Book</i>
Thursday 24 November 2022	Thanksgiving Lunch, The Star 12 noon <i>Booking Essential</i>
December	Christmas Lunch – <i>Details in next Newsletter</i>

Dear Friends,

You will see we have decided to give more prominence to our forthcoming events. I hope this will help you to keep your diaries up to date and to remember to book or come along.

The first one at Boaters is a “just turn-up” event, but please use the booking forms in this Newsletter if you want to come to the other two. I am pleased to say that we are planning a Christmas lunch in December and full details will be in the next Newsletter.

The May informal gathering at the Kings Tun saw 12 members enjoy each other’s company while the initial informal lunch at Woodies only attracted six. However, those who did attend found the location very pleasant and the food excellent, so we hope to return next year. The Get Together at the Guildhall was very successful. We had the pleasure of the Mayor’s vibrant company and some 30 enjoyed the sandwich lunch.

We are pleased to resume our traditional autumn Coffee Morning at the Guildhall on **Wednesday 19 October** after a three year break. As we have to pre-order the coffee from the Guildhall caterers, it is really important to book and pay if you plan to attend. A booking form is included.

On **Thursday 24 November** we are trying something new, a Thanksgiving Lunch suggested by our Social Secretary, Bob Weedon. You will find his introduction and a booking form in the Newsletter.

Best Wishes

Chris

Chris Coke, Chairman

chairman@arco-kingston.org.uk

ARCO Secretary: Martin Longhurst, Mayfield, Hoe Lane, Abinger Hammer, DORKING, RH5 6RS

Invitation to a Coffee Morning

Wednesday, 19 October 2022 11.00 a.m. – 1 p.m.

Guildhall, Kingston upon Thames

Charge for coffee and biscuits £2

RSVP by post, phone or email to Jenny Longhurst by **10 OCTOBER 2022**

Write: Mayfield, Hoe Lane, Dorking, Surrey, RH5 6RS

Telephone: 01306 730321

Email: jenny.longhurst@btinternet.com

Retain top half for diary overleaf and send off bottom half

I would like **One/Two** (delete as appropriate) places for the Coffee Morning
on **19 October 2022**

and enclose a cheque for £ (payable to ARCO) for **£2.00** per head

Name(s) required on Badge(s) (Capital Letters)

1. _____ 2. _____

Telephone No. _____

Email: _____

Click [here](#) to download this form

THANKSGIVING LUNCH AT "THE STAR"

Now that we are slowly emerging from lockdown and isolation, and we are starting to meet one another "in the flesh" again, I thought it might be nice to have a celebratory meal (in addition to the usual Christmas lunch). The available slot in the ARCO calendar is November, and as the Americans have their Thanksgiving Day in November, I suggest we have our own Thanksgiving lunch. Details are as follows-

Date – 24 November 2022

Location – The Star, Leatherhead Road, Chessington

Time – 12.00 for 12.30

The Star is a comfortable pub/restaurant in a semi-rural location at the edge of the Borough, with plenty of room and a large car park. The 465 bus also stops outside. I have eaten at the Star a few times and have always enjoyed good food and a friendly service. More information can be found at The Star's website - www.baronspubs.com/star

If you would like to attend, **please reply by 15 September** so that I can arrange the booking. Also, The Star have asked if we can provide pre-orders for starters and main courses for everyone attending so I have attached a copy of their menu. Desserts and drinks can be paid for separately on the day. Please send the form below together with full payment (cheques payable to ARCO) to-

Bob Weedon, 51 Morrell Avenue, Horsham, West Sussex, RH12 4DD

Tel: 01403 251390

Or e-mail to zoetomelk@gmail.com

Please keep a note of your choices

	PRICE
Member's Name _____	
Starter _____	
Main _____	
Guest's Name _____	
Starter _____	
Main _____	
	TOTAL TO PAY
Address _____	

Phone _____	Email _____

Click [here](#) to download this form

GET TOGETHER 20 JULY 2022

This event took place in the Queen Anne Suite in the Guildhall and was attended by some 30 members and friends.

Unfortunately our Chairman, Chris Coke, was unable to be present, so our Vice-Chairman, June Collins, presided. She welcomed His Worship the Mayor, Councillor Yogan Yoganathan, and his Deputy, Councillor Nicola Nardelli, to the assembled company. The councillors made a point of speaking to everyone and joining in. The Mayor was also kind enough to draw the raffle, which raised £52 for our Goodwill Fund.

Catering was in the hands of Jenny Longhurst, ably assisted by Shona Hastings and June Collins. The bring-your-own-bottle approach was welcomed, as people could drink their beverage of choice.



One of the tables with (left to right) seated: June Collins, Peter Collins, John Ward, The Mayor, Lesley Golightly and Joan Wallace; (standing) Shona Hastings and the Deputy Mayor; (nearest the camera) Jim Childs.



Food Menu

Nibbles & Bar Snacks

- Crispy Chicken Goujons (5/10/20)** £5.95/£11.90/£19.95
with BBQ dip 463/880/1695kcal
- Sticky Honey & Mustard-Glazed Mini Sausages (5/10/20)** £3.95/£7.50/£13.50
451/904/1809kcal
- Spicy Chicken Wings (5/10/20)** £4.95/£8.95/£14.95
with BBQ sauce 349/554/1107kcal or hot sauce 361/563/1126kcal
- Halloumi Fries** **V** £6.50
topped with mint yoghurt & pomegranate seeds 387kcal
- Breaded Whitebait** £5.50
with tartare sauce 396kcal
- Bread & Olives** **VEGAN** £5.95
fresh baked ciabatta, mixed olives, olive oil & balsamic 382kcal

Starters

- Salt & Pepper Squid** £7.50
with lime mayonnaise 448kcal
- Loaded Potato Skins** £6.95
chorizo & cheese or red onion & cheese, sour cream dip 458/417kcal
- Tiger Prawn Lollipops** £7.75
tempura batter, sweet chilli sauce 253kcal
- Crispy Melty Cheese Balls** **V** £7.25
a delicious blend of feta, mozzarella & Cheddar with sweet chilli & sour cream dips 637kcal
- Malaysian Chicken Satay Skewers** £7.50
peanut sauce & refreshing cucumber 346kcal
- Soup of the Day** **V** £6.50
homemade soup, seeded NGCI bread & butter, between 490-550kcal
- Classic Prawn Cocktail** £7.75
Marie Rose sauce, iceberg lettuce, bread & butter 301kcal
- Crispy Courgette Fritters** **V** £6.75
with mint yoghurt dip & pomegranate seeds 244kcal

Good to Share

- Sharing Starter Platter** £18.50
BBQ ribs, skins with cheese & red onion, chicken goujons, cheesy garlic ciabatta bread, onion rings, dips (serves 2-4) 2116kcal
- Spicy Chilli Beef Nachos** £12.95
crunchy tortillas, melting cheese, beef chilli, Mexican dips, jalapeños (serves 2-4) 1085kcal
- Chicken Satay (6) & Tiger Prawn Lollipop (4) Combo** £14.50
two great favourites together (serves 2) 739kcal
- Hot Garlic & Herb Dough Balls** **V** £5.50(8) / £9.95(16)
with garlic & herb dip 325/611kcal
- Garlic & Herb Ciabatta / Cheese** **V** £4.95/£5.50
hot & delicious with garlic & herb dip 643/766kcal

Chef's Specials

- Cajun Chicken & Ribs Combo** £19.50
Cajun chicken breast with a half rack of BBQ ribs, sour cream, onion rings, salad, coleslaw & skin-on fries 1135kcal
- Tiger Prawn Linguine** £15.95
arrabbiata sauce, delicious tiger prawns & fresh linguine with a red chilli kick 687kcal
- Chicken & Chorizo Kebabs** £15.95
roasted new potatoes, tomato salsa & mixed salad 882kcal

Pub Favourites

- Pan-Fried Calves Liver & Bacon** £17.50
onion gravy, colcannon mash & fresh vegetables 548kcal
- Fish & Chips** £15.50
fresh haddock, crispy batter, skin-on fries, peas & homemade tartare sauce 807kcal
add curry sauce 142kcal £1.75
- Baked Fillet of Salmon** £16.95
light mustard & caper dressing, roasted new potatoes & green beans 878kcal
- Baked Field Mushroom Wellington** **VEGAN** £14.95
stuffed with spinach, caramelised onions & Dijon mustard, fresh tomato sauce, roasted new potatoes & fresh vegetables 959kcal
- Chicken, Leek & Ham Pie** £15.95
puff pastry top, colcannon mash & fresh vegetables 1023kcal
- Chicken Caesar Salad** £13.95
with croutons, parmesan, anchovies & Caesar dressing 506kcal
- Goats Cheese Salad** **V** £13.95
with honey, walnuts & roasted Mediterranean veg, NGCI croûte 653kcal
- Spicy Bean Enchiladas** **VEGAN** £14.95
guacamole, fragrant rice, vegan cheese, firecracker sauce, garden salad 769kcal
- Ham, Egg & Chips** £13.95
home-cooked ham, 2 eggs & skin-on fries 771kcal
- Wholetail Breaded Scampi** £14.95
with skin-on fries, peas & homemade tartare sauce 747kcal
- Sausage & Mash** £13.95
Cumberland NGCI sausages with creamy colcannon mash, fresh vegetables & onion gravy 739kcal
add onion rings 287kcal £3.75

A discretionary 10% service charge will be added to your bill for tables of 6 or more. Full allergen information is available on request. Our food is prepared in kitchens where all allergens may be present. Due to fryers & cookers being used for more than one product, there is a small possible contamination risk even if the ingredient is not present in the dish. If you have a food allergy please let us know before ordering. Where we offer items that are NGCI (Non Gluten Containing Ingredients) we cannot guarantee that they are entirely 'gluten-free'. Some ingredients may contain GM products. Adults need around 2000kcal a day.

Ribs, Combo, Burgers

- Our Famous BBQ Ribs** £14.95/£19.95/£26.95
tender baby back pork ribs, in our tangy BBQ sauce served with skin-on fries, coleslaw
½ rack 822kcal / full rack 1254kcal / mountain 1751kcal
- 8oz Sirloin or 14oz Côte de Boeuf** £21.95/£28.50
slow-roast tomato, field mushroom & chunky chips; Sirloin best served rare to medium 637kcal Côte de Boeuf best served medium to well 965kcal
add peppercorn sauce 38kcal £1.95 or garlic butter 248kcal £1.50
onion rings 287kcal £3.75
- The Ultimate Burger** £17.95
10oz burger, cheese, bacon, lashings of BBQ sauce, burger sauce, tomato, lettuce, red onion, gherkin, onion rings, 'slaw, skin-on fries 1206kcal
- Pig & Cheese Burger** £15.50
7oz burger, bacon & melting Cheddar, burger sauce, tomato, lettuce, red onion & gherkin, 'slaw & skin-on fries 1016kcal
- Mexican Hot Burger** £14.95
cheese, jalapeños & firecracker sauce, tomato, lettuce, red onion & gherkin, burger sauce, 'slaw & skin-on fries 1026kcal
- BBQ Chicken, Bacon & Cheese Burger** £15.95
chargrilled chicken, BBQ sauce, burger sauce, tomato, lettuce, red onion & gherkin, 'slaw & skin-on fries 1024kcal
- The Veggie Stack** **V** £14.95
halloumi, pesto, mushroom, roasted peppers & guacamole, seeded bun, 'slaw & skin-on fries 1106kcal
- The Vegan Burger** **VEGAN** £14.95
plant based burger topped with vegan cheese, mushrooms & fried onions, vegan 'slaw & skin-on fries 1125kcal

Side Orders

- Cheesy Chips - Plain or Spicy** **V** £5.95/£6.95
choose from plain cheesy chips or spicy Cajun fries topped with melted cheese, jalapeños & firecracker sauce 593/632kcal
- Chilli Cheesy Chips** £7.95
with cheese, spicy beef chilli, jalapeños, firecracker sauce 732kcal
- Bucket of Skin-on or Chunky Chips** **V** £10.95/£12.50
(serves 3-4) 1107/1159kcal
- Onion Rings** **V** 287kcal £3.75
- Homemade Coleslaw** **V** 376kcal £2.95
- Skin-on Fries / Chunky Chips** **V** 369/365kcal £3.50/£3.95
- Side Salad or Vegetables** **V** 174/153kcal £3.95
- Sweet Potato Fries** **V** 387kcal £4.25
- Curry Sauce** **VEGAN** 142kcal £1.75

Lunchtime Mon-Sat 12-4pm

- Ploughman's Ciabatta** £9.50
Cheddar cheese, ham, pickle, mayo, coleslaw, skin-on fries 1110kcal
- Brie & Herb Roasted Vegetable Ciabatta** **V** £9.50
served warm with coleslaw & skin-on fries 969kcal
- Open Prawn Sandwich** £9.50
granary slice, fresh prawns & Marie Rose sauce, lettuce, cucumber, tomatoes & skin-on fries 631kcal

Puddings

Molten Chocolate Fondant	£6.95
Oreo crumb, chocolate sauce, vanilla ice cream 890kcal	
Sticky Toffee Pudding	£6.95
with toffee sauce & clotted cream 968kcal	
Strawberry Eton Mess Sundae, Grilled White Chocolate	£6.95
vanilla ice cream, fresh strawberries, homemade meringue, strawberry sauce, fresh cream, grilled white chocolate 695kcal	
Chocolate Cookie Sundae	£6.95
vanilla & chocolate ice cream, whipped cream, fresh baked cookie & 'pour your own' hot chocolate fudge sauce 785kcal	
Lemon, Blueberry & Raspberry Pavlova	£6.95
homemade meringue, lemon curd, ice cream & cream 535kcal	
Spiced Apple & Cinnamon Crumble	£6.95
with 'pour your own' hot custard 492kcal	
Chocolate Brownie	£6.75
rich brownie, choccy sauce & vanilla ice cream 949kcal	
Warm Sticky Pecan Pie	£6.75
treacle, toasted nuts & clotted cream (contains whisky) 728kcal	
American Pancake Stack ^{VEGAN}	£6.50
red berry coulis, fresh strawberries, vanilla ice cream 496kcal	
Jude's Blood Orange Sorbet ^{VEGAN}	£6.50
cool, refreshing & cleansing 176kcal	
Caramel & Pecan Ice Cream Sundae ^{VEGAN}	£6.50
with vegan vanilla ice cream & vegan cream 616kcal	
Ice Cream 3 scoops	£5.75
your choice of: seriously chocolate 414kcal, vanilla bean 405kcal, strawberry chunk 361kcal or butterscotch 455kcal	

Sunday Roasts (12-5pm Sun)

Sundays only, subject to availability

Roast Sirloin of Beef	£17.50
crispy roast potatoes, parsnips, cauli cheese, Yorkshire pudding, homemade gravy & fresh veggies 1075kcal	
Roast Turkey	£16.95
stuffing, bacon-wrapped chipolata, crispy roast potatoes, parsnips, cauli cheese, homemade gravy, fresh veggies 1005kcal	
'Best of Both' Roast Dinner	£20.95
roast Sirloin of beef & roast turkey with pigs in blankets, stuffing, Yorkshire pudding & all the trimmings - a big plateful! 1335kcal	
Veggie Nut Roast ^V	£15.95
with cashew, mushroom & cranberry, roast potatoes, cauli cheese, parsnips, veggies, cranberry sauce & veggie gravy 833kcal VEGAN option available 700kcal	
Pigs in Blankets (4)	£3.95
bacon-wrapped chipolatas 340kcal	
Pork, Sage & Onion Stuffing Balls (4)	304kcal £3.95
Extra Roast Potatoes	182kcal £3.95
Extra Yorkshire Pudding	82kcal £1.25

Veggie & Vegan Starters

Garlic & Herb Ciabatta / Cheese ^V	£4.95/£5.50
hot & delicious with garlic & herb dip 643/766kcal	
Crispy Melty Cheese Balls ^V	£7.25
a delicious blend of feta, mozzarella & Cheddar with sweet chilli & sour cream dips 637kcal	
Soup of the Day ^V	£6.50
homemade soup, seeded NGCI bread & butter, between 490-550kcal	
Hot Garlic & Herb Dough Balls ^V	£5.50(8) / £9.95(16)
with garlic & herb dip 325/611kcal	
Loaded Nachos ^V ^{VEGAN}	£7.50
corn tortilla chips, melting Cheddar, jalapeños, guacamole, salsa, sour cream & firecracker sauce 827kcal VEGAN option available 740kcal	
Garlic Field Mushrooms on Toast ^{VEGAN}	£6.75
with truffle oil & vegan aioli 507kcal	
Crispy Courgette Fritters ^V	£6.75
with mint yoghurt dip & pomegranate seeds 244kcal	

Veggie & Vegan Mains

Tempeh Katsu Curry ^{VEGAN}	£14.50
panko crumbed tempeh, curry sauce, chilli flakes & fragrant rice 633kcal	
Baked Field Mushroom Wellington ^{VEGAN}	£14.95
stuffed with spinach, caramelised onions & Dijon mustard, fresh tomato sauce, roasted new potatoes & fresh vegetables 959kcal	
Mushroom & Herb Risotto ^V	£13.95
with pea shoots & Italian hard cheese 611kcal	
The Veggie Stack ^V	£14.95
halloumi, pesto, mushroom, roasted peppers & guacamole, seeded bun, 'slaw & skin-on fries 1106kcal	
The Vegan Burger ^{VEGAN}	£14.95
plant based burger topped with vegan cheese, mushrooms & fried onions, vegan 'slaw & skin-on fries 1125kcal	
Cheesy Topped Bubble & Squeak Skillet ^V	£13.95
with fried egg & baked beans 613kcal	
Goats Cheese Salad ^V	£13.95
with honey, walnuts & roasted Mediterranean veg, NGCI croûte 653kcal	
Spicy Bean Enchiladas ^{VEGAN}	£14.95
guacamole, fragrant rice, vegan cheese, firecracker sauce, garden salad 769kcal	

Milkshakes

Cookies 'n' Cream Milkshake	£4.50
triple choc cookie blended with ice cold milk & vanilla ice cream, topped with whipped cream & choccy flakes 808kcal	
Strawberry Shortbread Milkshake	£4.50
fresh strawberries, strawberry ice cream blended with crumbly shortbread, topped with whipped cream 489kcal	

NGCI Starters (Non-Gluten Containing Ingredients)

Malaysian Chicken Satay Skewers	£7.50
peanut sauce & refreshing cucumber 346kcal	
Soup of the Day ^V	£6.50
homemade soup, seeded NGCI bread & butter, between 490-550kcal	
Starter Ribs	£7.95
tender baby back pork ribs, our delicious BBQ sauce 323kcal	
Loaded Nachos ^V ^{VEGAN}	£7.50
corn tortilla chips, melting Cheddar, jalapeños, guacamole, salsa, sour cream & firecracker sauce 827kcal VEGAN option available 740kcal	

NGCI Mains

Our Famous BBQ Ribs	£14.95/£19.95/£26.95
tender baby back pork ribs, in our tangy BBQ sauce served with skin-on fries, coleslaw ½ rack 822kcal / full rack 1254kcal / mountain 1751kcal	
Pan-Fried Calves Liver & Bacon	£17.50
onion gravy, colcannon mash & fresh vegetables 548kcal	
8oz Sirloin or 14oz Côte de Boeuf	£21.95/£28.50
slow-roast tomato, field mushroom & chunky chips; Sirloin best served rare to medium 637kcal Côte de Boeuf best served medium to well 965kcal add peppercorn sauce 38kcal £1.95 or garlic butter 248kcal £1.50 onion rings 287kcal £3.75	
Mushroom & Herb Risotto ^V	£13.95
with pea shoots & Italian hard cheese 611kcal add Chicken 141kcal £2.95	
Goats Cheese Salad ^V	£13.95
with honey, walnuts, roasted Mediterranean veg, NGCI croûte 653kcal	
Sausage & Mash	£13.95
Cumberland NGCI sausages with creamy colcannon mash, fresh vegetables & onion gravy 739kcal	
Cheesy Topped Bubble & Squeak Skillet ^V	£13.95
with fried egg & baked beans 613kcal	
Ham, Egg & Chips	£13.95
home-cooked ham, 2 eggs & skin-on fries 771kcal	
Burgers	from £14.95
please choose from our selection of burgers over the page & ask your server for a NGCI bun (excluding Ultimate Burger)	

NGCI Puddings

Spiced Apple & Cinnamon Crumble	£6.95
with 'pour your own' hot custard 492kcal	
Jude's Blood Orange Sorbet ^{VEGAN}	£6.50
cool, refreshing & cleansing 176kcal	
Strawberry Eton Mess Sundae	£6.95
grilled white chocolate, vanilla ice cream, fresh strawberries, homemade meringue, strawberry sauce, fresh cream 695kcal	
Chocolate Brownie	£6.75
rich brownie, choccy sauce & vanilla ice cream 949kcal	

Adults need around 2000kcal a day