

JULY 2026 LUNCHEON

Oceans View, Onchan 12.00 pm for 12.30 pm

On Friday 24th July 2026

Speaker – Howard Parkin – Breaking the Glass Ceiling

The cost is £24 for members and £26 for guests

MAINS

A	Steak & Guinness pie, chips and peas
B	Gammon, eggs and chips
C	Breaded wholetail scampi, chips and peas

DESSERTS

D	Lemon meringue pie with cream
E	Apple and blueberry crumble and custard
F	Ice cream
	Tea/coffee

BOOKING FORM LUNCH JULY 26 – Closing date Tuesday 14th July 2026

Please reserve places for the lunch being held at The Oceans View, Onchan

From: Tel. No:

Any special requests: I/We would like to sit with:

Allergies/dietary requirements:

Name.....Main course.....Dessert.....

Name.....Main course.....Dessert.....

Name.....Main course.....Dessert.....

PAYMENT BY BANK TRANSFER (BT) to our LLOYDS BANK ACCOUNT

To: MRA Sort code: 30-12-80 a/c 46496160

Date bank transfer was made (amount) £..... **Reference - JULYLUNCH**

PAYMENT BY CHEQUE: cheques payable to the 'Manx Retirement Association'.

I/We enclose a cheque for £..... and send to the office MRA, At Garff
Commissioners Room 4, 35. New Road, Laxey IM4 7BG

PLEASE NOTE: Table numbers and menu option totals are emailed to the relevant venue 7 days before the luncheon. We will always do our best to accommodate members, but we cannot guarantee bookings. We will refund any cancellations whenever possible, but refunds for cancellations received after the numbers have been sent to the venue are at the discretion of each venue –if the MRA are charged for a cancelled meal, we are sorry, but we will not then be able to make a refund.