

COOK *better than* *the takeaway*

Sheek Kebabs · Vegetable Fried Noodles · Jambalaya · Soya Sauce Chicken
Indonesian Veg Curry · Special Fried Rice · Chicken a la King · Veggie Fajitas
Chicken Caesar Salad · French Onion Soup · Beef & Mushrooms in Oyster Sauce
Ginger Fish & Stir Fried Beans · Cottage Pie · Chili Sin Carne · Salmon Fishcakes
Xinjiang Cumin Chicken · Thai Noodle Salad · Broccoli Pasta · Fish Curry · Ribollita

**FREE
FUN
EASY**
lessons

**COOKING
ON A **£1**
BUDGET**

with



To register: text/call **079 14 80 35 30**
wforest@bagsoftaste.org www.bagsoftaste.org

NEXT SESSIONS

Including a free lunch!

Fridays 12.00 - 2.30

3rd - 24th Nov

Salvation Army

434 Forest Road

Walthamstow

E17 4PY

WE SHOP FOR YOU!

Take-home ingredients bags for
4 people, available for just £3

