

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**



www.bagsoftaste.org

JOIN US ON

Fridays

WITH
CRECHE!

10.30am – 1pm

23rd Nov – 14th Dec

Pembroke House

80 Tatum Street

London SE17 1QR

(off East St., behind LIDL)

Including a free lunch!

To register: text/call: **079 06 43 98 98**

or email: **sarah@bagsoftaste.org**

Buy a Bag of Taste!

Take-home ingredients bags

for 4 meals cost only **£3**