



# CARIS Haringey Cooking Club

St Philips Church, Philip Lane N15 4HJ

Course & ingredients are free



To book a space please call Tonya on **02088013004**

or text **07498628394** with your full name and preferred sessions



Date	Dish
25 <sup>th</sup> February 9.30am-12.00pm	BBQ chicken & Special fried rice
11 <sup>th</sup> March 9.30am-12.00pm	Saltfish fritters & Banana fritters
25 <sup>th</sup> March 9.30am-12.00pm	Creamy chicken pasta
29 <sup>th</sup> April 9.30am-12.00pm	Chick pea curry & rice
20 <sup>th</sup> May 9.30am-12.00pm	Tomato pasta bake
3 <sup>rd</sup> June 9.30am-12.00pm	Veggie chilli & rice
17 <sup>th</sup> June 9.30am-12.00pm	Sharing day

