

COOK *Great★Food* ON A BUDGET

FREE LESSONS

www.bagsoftaste.org

WITH



Learn great recipes that cost less than £1 to cook. To register text/call 07768 843 150 or email: claudia@bagsoftaste.org

**SAVE
££££**

Eat better, for less

Swedish Meatballs · Vegetable Fried Noodles · Fish Curry · Broccoli Pasta · Dal
Special Fried Rice · Soya Sauce Chicken · Vegetable Fajitas · Chicken a la King
Guvech · Ginger Fish & Stir Fried Beans · Sheek Kebabs · Chicken Caesar Salad
Cottage Pie · Xinjiang Cumin Chicken · Indonesian Veg Curry · Salmon Fishcakes

NEXT SESSIONS

incl. free lunch

Wednesdays

11.00 – 1.30

22 Feb – 14 Mar

Golden Lane Community
Centre, Golden Lane Estate,
Fann St, London EC1Y 0RN



WE SHOP FOR YOU!

*All the ingredients you need
for 4 meals, just £3 available to
buy at the end of the lesson.*