

The Tasty Healthy Option.

8 classes of tasty wonderful dishes from around the world with a friendly amount of calories. From curries to chilies, classic brunch, or exotic Japanese.

- Roast vegetable frittata
- Indian curry
- Salmon Teriyaki
- Chili con carne/Quorn
- Stir-fry pork
- Chicken katsu with curry sauce
- Egg Benedictine
- Banana bread

Please note: Menu is subject to change according to availability of ingredients. I always welcome suggestions from students of alternative dishes.

Please bring along a Tea Towel, sharp paring knife, a cloth and 2 large lunch boxes to bring food home in after.

Tidy up at the end of class is essential. It would be greatly appreciated if all students would help out.

Thank you in anticipation of your co-operation in leaving the room in good order for the next class group. It is much appreciated.