

Men's **FREE** Cookery Sessions with Learn Hillingdon on Tuesdays
9:45-12pm, delivered in our fab kitchen training room at Learn
Hillingdon, Civic Centre

ALL INGREDIENTS SUPPLIED
(Vegetarian/Halal options)

Recipes	Dates
Garlic Chicken Wraps	28.1.25
Fish Pie	4.2.25
Chicken with Hakka Noodles	11.2.25
Sweet Potato Shepherd's Pie	25.2.25
Thai Green Curry	4.3.25
Enchiladas	11.3.25
Spanish Chicken	18.3.25
Tuna Pasta Bake	25.3.25
Chicken Tikka	1.4.25

To book and secure a space please call - 01895 556252 or
email familylearning@hae-acl.ac.uk (Maximum 3 sessions)

