

## MAUNDY THURSDAY MEAL 06/04/2023

PLEASE INDICATE YOUR CHOICES

Choice	MAIN COURSE
	PASTICCIO - Eastern Mediterranean pasta dish similar to lasagne but flavoured with feta and cinnamon – contains dairy
	VEGATARIAN PASTICCIO – contains dairy
	Vegan option: MUJADARRA – Cumin lentils and rice with and caramelized onion
DESSERT	
	Banana and date cake - contains dairy and eggs
	Spiced carrot, pistachio and almond cake - gluten and dairy free but does contain eggs and nuts
	Vegan dessert Palestinian style cold rice pudding made with almond dressed with pistachios and almonds. Nut free version possible

Please talk to Richard, Gill Marks or Lynne Bernstone about any dietary questions.

Forms to be returned to Richard, Gill or Lynne by April 2<sup>nd</sup> please or you could message or phone Richard on 079279 33810 or 01296 339899

There will be no charge but a plate for donations.  
Any surplus will go the Local Food Bank

Your name/s

Contact number

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