

Nutritious and Healthy Dinner Workshops



AUTUMN & WINTER MENU

22 Sept	Sweet Potato Shepherd's Pie
29 Sept	Mushroom Risotto
6 Oct	Sticky Miso Aubergine Traybake
13 Oct	Butternut Squash Soup & Soda Bread
20 Oct	Healthy Bolognaise
3 Nov	Chicken & Broccoli Stir Fry
10 Nov	Cauliflower & Chickpea Burgers
17 Nov	Thai Green Curry
24 Nov	Sweet Potato & Black Bean Quesadillas
1 Dec	Roast Turkey with Stuffing

ELIGIBILITY CRITERIA



Adults 19+



Want to manage weight or
live well with Type 2 diabetes



Have a medical condition that
could improve with better nutrition



On a low income or
currently unemployed



TUESDAYS

12:30pm – 3:00pm

OR

6:15pm – 8:45pm



Learn Hillingdon

Civic Centre,
High Street,
Uxbridge,
UB8 1UW



Maximum of
3 workshops
per person.

BOOK YOUR PLACE

Scan the QR code to complete our
Tailored Learning Enquiry Form

OR call **01895 556252**



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