

Our guests:

The Training Lunch Club cooks lunch for 6-8 elderly people. They enjoy the good food you cook for them. They also enjoy chatting and other activities.

Your trainers:

Mike



Anna



Terms:

Summer Term 2019:

23rd April– 23rd July

Autumn Term 2019:

3rd Sept – 17th December

Spring Term 2020:

7th January—31st March

Join us:

If you would like to join the ALFA Training Lunch Club for a term initially, please contact:

Chris Morton

Tel: 0117 9826455

Mob: 07941580802

E-mail: info@alfacc.org.uk

We will meet you and your carer / key worker, to discuss this.

The ALFA CC Charity is a Christian group and this training is in a church in Redland.

See our website: www.alfacc.org.uk

Registered Charity Number: 1149610

Registered Company Number: 8277571

Contact Address:

Fulligrove House
Woodwell Road
Shirehampton
Bristol
BS11 9UG

For further information on the charity please visit our website:

www.alfacc.org.uk

or visit us on Facebook—search ALFA CC

Jesus said “I came that they may have life and have it abundantly.” John 10v10. ESV

ALFA Training Lunch Club



Learn to cook for guests

Friendly place and people

Good food



What we do:

The ALFA Training Lunch Club runs one day each week—**Tuesdays.**

The day plan is:

- 9:30 – 10:00 am
Meet and plan
- 10:00 – 10:45am
Go shopping
- 10:45am – 1:00pm
Cook lunch
- 1:00 – 2:30pm
Serve, eat & enjoy lunch
- 2:30 – 3:30pm
Wash up
- 3:30 – 4:00pm
**Tea / Coffee / Cake
Training and planning**



Where:

**Etloe Evangelical Church,
Cossins Road,
Redland,
Bristol BS6 7LY**



New Kitchen

**Good
Equipment**



What you will learn:

- **Planning menus**
- **Choosing the food in the shop**
- **Working to recipes**
- **Preparing meals—
main courses and
desserts**
- **Serving food to our
guests**
- **Washing up**
- **Food safety**
- **Looking after a kitchen**

