

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:

Autumn Term 2013:

10th Sept – 10th December.

Spring Term 2014:

7th January – 1st April

Summer Term:

22nd April – 15th July

Join us:

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

Chris Morton

Tel: 0117 9244836

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 is supported by two local churches.

See our website: www.alfacc.org.uk

Registered Charity Number: 1149610

Registered Company Number: 8277571

Office Address:

28 Fenton Rd
Bishopston
Bristol
BS7 8ND

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:

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

