

Registration Form

everyday eating

Please register me for this program

Name _____

Address _____

_____ P/code

Email _____

Contact Phone _____

Post completed form to:

Christian City Care Inc
PO Box 3092
Nunawading BC VIC 3131

or deliver to:

Christian City Care Office
C3Centre
171 Rooks Road, Vermont

Christian City Church Whitehorse respects your privacy and complies with the National Privacy principles. Full details of our Privacy Policy are available at our website: cccw.org.au or at the church office: C3Centre, 171 Rooks Rd Vermont.

Christian City Care Inc.
C3Centre
171 Rooks Road, Vermont
Phone: 9837 2900
Fax: 9837 2999

email: care@cccw.org.au
web: www.cccw.org.au

everyday eating

simple & delicious home cooking



Christian City Care

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This six week class is designed to teach you some basic cooking skills and how to plan a delicious, nutritious and budget conscious menu.

It involves teaching by a friendly presenter, joining in on some cooking skills and enjoying the food you create.

6pm Monday Evenings

October 9 - November 13

Training Room
C3Centre

171 Rooks Road, Vermont

six week menu plan

week 1

- ▶ "Deep Sea Marvel"
Tuna and Pasta Stacks
+ Dessert

week 2

- ▶ "Popeye's favourite"
Spinach and Ricotta Cannelloni
+ Dessert

week 3

- ▶ "Flavours of the East"
Yoghurt Rubbed Chicken with
Tomato Lentils + Dessert

week 4

- ▶ "European Giants"
Greek Meatballs with Risoni
Salad + Dessert

week 5

- ▶ "Running of the bulls"
Spiced Sausage Paella
+ Dessert

week 6

- ▶ "That's Amore"
Gourmet Pizza & Burgers

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