
Try vegan!

**Monday 13th March
12.30pm
The Old Library**

Come and join us for a
vegan food tasting
session at lunchtime!

**Bring a vegan dish with you for
everyone to try.**

One great place to start is working out
how you can adjust some of your
favourite recipes to be vegetarian and
dairy-free. You can also get some good
ideas online at sites such as
www.bbcgoodfood.com

See you there!



Don't forget we have a
microwave if you'd like to bring
something that needs to be hot.