



SAHARA SERVICES
WE CARE WITH PASSION

The background features several decorative elements: four multi-pointed stars in shades of orange and red, scattered in the corners; a large orange circle in the center; and three diagonal stripes in teal, orange, and green that cross behind the central circle.

Tuesday Cooking Club



Week 1:
04/07/23

Tasty Healthy Taco's

Week 2:
11/7/23

**Zucchini Corn and Haloumi Fritters with
Home Made Tzatziki**

Week 3:
18/7/23

Springtime Vegetable Risotto

Week 4:
25/07/23

Quiche with a Greek Salad

Week 5:
01/08/23

Sushi/Poke Bowl

Week 6:
08/08/23

Vietnamese Rice Paper Rolls with a Homemade Sauce

Week 7:
15/8/23

Spring Spaghetti with Spinach, Peas and Ricotta

Week 8:
22/8/23

**Healthy Crumbed Fish with Sweet Potato Fries
and Tartar Sauce**

Week 9:
29/8/23

**Chicken, Cheese and Carrot Rissoles with
Corn on the Cob**

Week 10:
5/09/23

**Cheeseburger Spring Rolls with Airfried
Cauliflower Bites**

Week 11:
12/09/23

San Choi Bao

Week 12:
19/09/23

Crunchy Noodle Rainbow Salad

Week 13:
26/09/23

Tomato, Parmesan and Bocconcini Pasta Salad