



FOOD JUSTICE FOR ALL

HOT MEALS

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BRAICH GOCH INN

THE ANNE MATTHEWS TRUST

FRIDAY NIGHTS

5 – 8PM

Place your order weekly from **Thursdays** on **07493 64 9096** or email to info@braichgoch-redarm.org. Due to capacity this is a collection service from Braich Goch but can deliver to those most in need (Corris area). Meals are free for those who need it to be and £4 suggested donation for those who can contribute.

July Menu:

Each week there will also be an **Option B** available: Veggie burger, wedges and salad “In the search for the perfect veggie burger, expect something different each week”.

Friday 3rd July: Option A – Smokey Flava bean goulash, tarragon dumplings, carrot and sweet potato mash.

Friday 10th July: Option A – House Curry & dal box. Selection of curry & dal served with rice, using seasonal vegetables and UK grown pulses.

Friday 17th July: Option A – Satay Buddha bowl with sticky tofu & seasonal greens

Friday 24th July: Option A – Caribbean Curry with beans & rice and pineapple salsa.

Friday 31st July: Option A – Pearl Barley risotto with leeks & Calon Wen cheese.

All meals are vegetarian with vegan and gluten free options and are accompanied by locally grown salad. Diolch!

