

Sunshine Party Bring and Share Food

Bring and share food: Thank you for signing-up. Please read carefully:

1. Please keep a note of what you have offered. It can be home made
2. Please bring enough to feed your party, lets have a feast !
3. Food arriving straight from your fridge or oven, portioned and ready so that **Dinner can be served** around 6.30pm
4. Bring list of ingredients to reassure those with dietary requirements.
5. Collect your labelled containers / crockery at the end of the evening.

Savoury

Margarita Pizza, sliced

Pepperoni Pizza, sliced

Coronation Chicken

Tuna and sweetcorn salad (no carbs.)

Boiled eggs, cut up. Free-range.

Quiche, sliced, vegetarian.

Ham, sliced. Preferably higher-welfare

Mini-sausages

Hummus, any flavour

Mini-Indian bhaji's. Gram- flour NOT wheat, warmed

Mini-Indian samosa, warmed

Vegetable Spring-rolls

Cheese and pineapple on sticks, or just chunks

Tikka-marsala chickpea salad, or similar

Cherry tomatoes

Crudites: eg. carrots, cucumber, peppers, celery

Pasta salad, vegetarian

Falafels : most are Gluten free

Rice salad, vegetarian & gluten-free

Coleslaw, any type

Potato-salad

Mediterranean Roast veg salad

Tzatziki dip

Bread-sticks

Green salad. Romaine and rocket only

Crisps

Nachos: gluten-free

French bread, **NOT** cut up

Olive bread, sliced & portion-ready

Dessert

Strawberries, from the UK

Any Cake: sliced or portioned

Brownies: small portions

Fairy-cakes

Fruit-kebabs

Macaroons: gluten-free

Mini-meringues: gluten-free

Note: You may have noticed that we are encouraging you to bring food that is more sustainable, eg, in season, produced in UK / Europe, no beef or lamb, as these animals emit too much green-house-gas. Less dairy.

Thank you!