



## St John's Ladies Meal

Tuesday 18th July

7.45 for 8pm

St John's Church Centre,  
Hartford

£10 per person

With a short Christian message by Gill Martin after dinner

**You are warmly invited to join us for the Summer Ladies Meal.**

Please select your choices from the options below:

### **Mains**

Sunshine Chicken

(Chicken breast stuffed with apricot, Garlic & Feta wrapped in bacon)

Poached Salmon with avocado crème fraiche **GF**

Warm Mediterranean Frittata **V**

### **Desserts**

Individual Meringues with yoghurt cream

(raspberry, coconut sugar, chocolate & coffee with hazelnut)

Fresh Strawberries in mint and balsamic

Crème Brulee

Please email your selections to [ladies@stjohnshartford.org](mailto:ladies@stjohnshartford.org) or return this flier with choices marked to Linda Sharps by Friday 14th July.