

RNK

Afro - Caribbean

Catering, Cookery School and Event Management
A taste of something different!



**Event Management
and Party Planning**

**Outside
Catering**



**Cookery
School**



For all your parties with or without venue,
Afro-Caribbean & International Cuisine available.
Contact us on

Tel: 07761 558 314 or 0151 608 7405

Email: rnkfoods@btinternet.com

www.rnk-foods.co.uk

www.graceadegoke.co.uk

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HEALTHY EATING

Multicultural Cookery in Schools

We specialise in Afro-Caribbean food.

We deliver our services in the form of hands-on cookery or pure demonstration, passing on cooking skills and simply teaching pupils how to cook some African/Caribbean meals.

We employ the healthy eating ethos in delivering our services.

We aim to promote cultural diversity and multiculturalism. We also, deliver African Culture Workshops, enriched with loads of materials, hence building bridges and promoting harmony.



Whether you are promoting a
Healthy Eating or
Diversity Day,

RNK

will enhance your day.

What the kids have said...

" This is the best chicken I've ever tasted... thank you for giving this to us "

" We've had lots of fun cooking with Grace "

BOOK NOW

To book a session,
please ring or email

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