

Willesden & Brent Times

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Veggie food menu

WHAT would happen to you if you became a vegetarian? Would your health suffer? Would you be condemned to eating boring food? Would you be surprised by the infinite variety of vegetable dishes?

As part of National Vegetarian Week, Willesden's Brahma Kumaris assembled a panel of experts – a French chef, a nutritionist and a housewife famed for her family cooking – to answer such questions.

The vegetarian trio, Jean Marc Vialét, Sagu Rajaratham and Charro Maroo, share a belief that they've made the healthiest food choice of all.

The event is at Global Co-operation House, 65 Pound Lane, Willesden, tomorrow (Thursday) at 7pm. For more details call 020 8727 3350.