

OTHER PLACES TO EAT

Day	Time	Organisation	What	
Every day	8am – 8.00pm	Gurdwara – 400 Ilford High road & 722-730 High Road, seven Kings	Hot vegetarian food	Must take off shoes & be respectful 
Saturday	10.30am – 12.00 noon	Salvation Army – Clements Road Ilford	Hot cooked brunch	
Sunday	1.30pm – 3.00pm	St Peter & St Pauls Church – High Road Ilford	Sandwiches/ occasional hot meal	
Monday	6.00pm- 7.00pm	Capstone Church 316 High Road, Ilford	Hot meals or Sandwiches	
Tuesday	8.00pm	Seva In front of Lidl car park/Police station	Asian food	
Thursday	3.00pm – 7.00pm	Dixterz Peri Peri 190 Cranbrook Road, Ilford	Chicken & chips/rice	
	11.30am- 1pm	The Parish Hall 326 High Road, Ilford IG1 1QP	Hot meals	
Thursday - Saturday	6pm	Connaught Road Mosque, 378 High Road, Ilford IG1 1QP	Free Food	
Friday	9pm	Jubilee Church Ilford 14 Granville Rd, Ilford IG1 4JY	Hot meal or Sandwiches	

