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25.5 11am-5pm 8-10pm	26.5 11am-5pm 8-10pm	27.5 10:30am-5pm 8-10pm	28.5 10:30am-5pm 8-10pm	29.5 10:30am-5pm 8-10pm	30.5 11am-2pm
1.6 Erev Shavuot 11am-2pm					

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If you're claiming universal credit and your combined household income is less than £846.56 per month, your payment could be capped.

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A vibrant, colorful illustration featuring various summer-themed items: watermelon slices, kiwi slices, lemons, and several ice cream bars. Two ice cream bars, one orange and one yellow, have smiling faces. The background is a solid teal color.

Summer Vibes



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8.55pm..Rav's Drosha (Dayan Dovid Chaim Cohn שליטא)

9.10pm.....Choral Maariv

9.40pm.....Hineni, followed by Sefirah at 9.45pm

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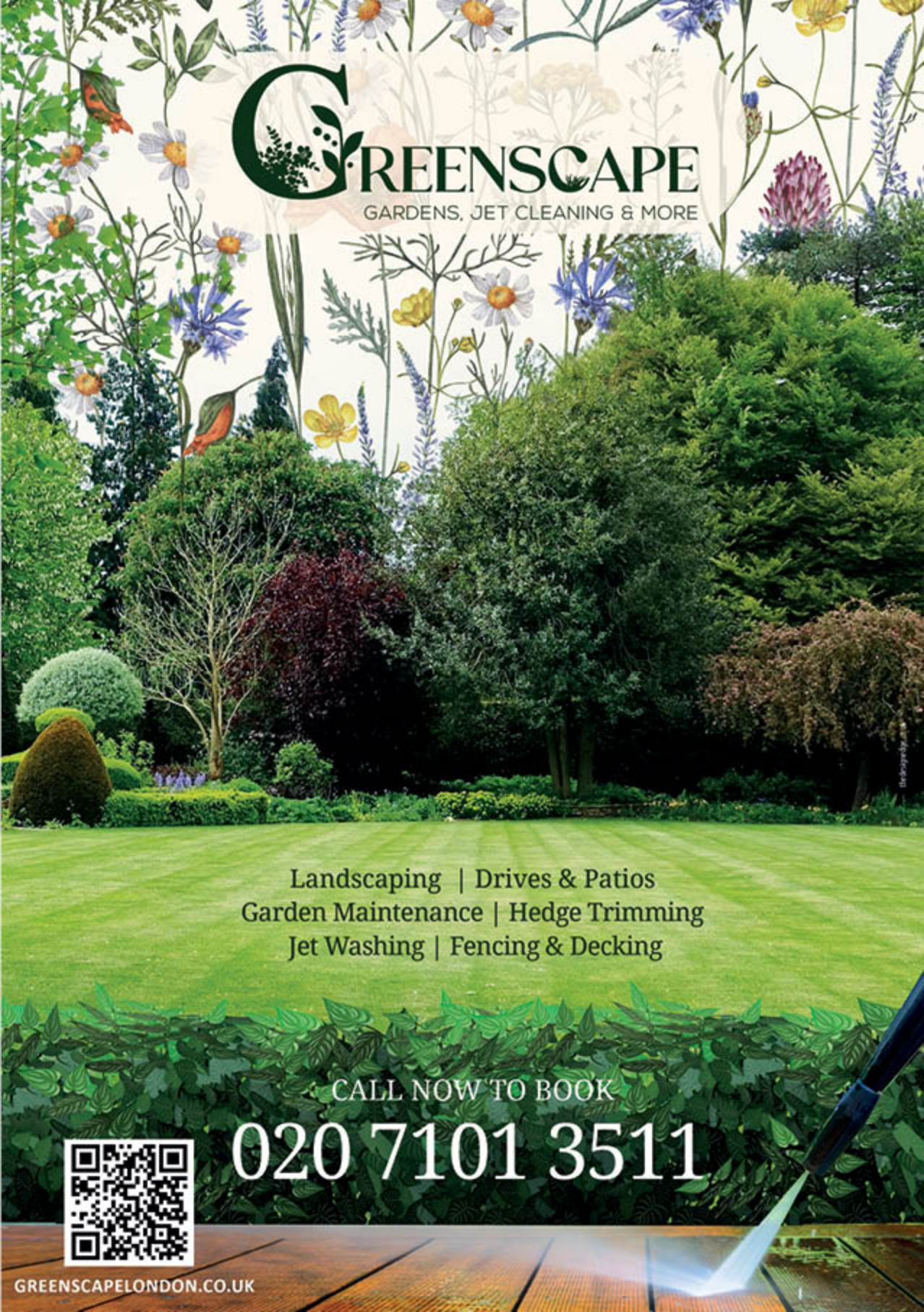
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Parshas Bamidbar 31st May.....	R' S Segal Shlita
Shavuot 3rd June.....	R' M Chissick Shlita
Parshas Noso 7th June.....	R' R Adler Shlita
Parshas Behaloischo 14nd June.....	R' Y C Sonnenfeld Shlita
Parshas Shelach 21st June.....	R' D' J Posen Shlita
Parshas Korach 28th June.....	D' Y D Hool Shlita
Parshas Chukas 5th July.....	R' Y Wiesenfeld Shlita
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FRESH AVOCADO SALSA WITH GARLIC CRISPS

A light fresh start to a Sukkos meal.

By: Faigy Perl



Ingredients

4 soft ripe black-skinned avocados (choose the best quality avocados you can find)

1 small red onion

Two medium-sized firm tomatoes

Juice of two limes

1 tsp dried ground chili

Salt to taste

4 wraps **or** pita breads split into a single layer **or** malawach sheets, semi defrosted

½ cup olive oil

5 large garlic cloves

Dried parsley

1 tsp coarse sea salt



Approx. 8 Servings



40 Minutes

Chop the garlic (roughly is fine) and add to the olive oil. Set aside to infuse.

In the meantime, dice the avocados and tomatoes into small cubes. Cut the onion into very thin strips (cut onion in half, half again and then very thinly lengthwise). Mix these three together and season with lime juice, chili and salt. It is a good idea to make this half an hour or so before eating to allow the flavours to come together.

Preheat the oven to 220°C. Brush the garlic infused olive oil onto the wraps or pita and cut into triangles (pizza style). Sprinkle with parsley and sparingly with coarse salt. Bake in a hot oven until crisp. Serve avocado salad with fresh garlic crisps.

Tip: Infused olive oil is great to have on hand. Make a large batch by putting ten roughly chopped garlic cloves into a glass container with a lid (or repurposed olive oil bottle) and adding plenty olive oil. The garlic taste will be subtle but present without the use of raw garlic. This lasts weeks in the fridge. Use in meats, breads or anywhere else that strikes your fancy!



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