

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Salmon Refresher Salad 11:00am - 11:30am 12:30pm - 1:00pm	4 Steamed Cod, Orange and Ginger 11:00am - 11:30am 12:30pm - 1:00pm	5 Turkey Quinoa Chili 11:30am - 12:00pm 12:30pm - 1:00pm	6 Mushroom and Macadamia Risotto 11:00am - 11:30am 12:30pm - 1:00pm	7 Lemon Bars 11:00am - 11:30am 12:30pm - 1:00pm	8
9	10 How To Bone Broth DEMO 11:00am - 11:30am 12:30pm - 1:00pm	11 How to Granola Bar 11:00am - 11:30am 12:30pm - 1:00pm	12 Winter Vitamin boosting Smoothies 11:30am - 12:00pm 12:30pm - 1:00pm	13 Leftover Mini Chicken Pot Pie 11:00am - 11:30am 12:30pm - 1:00pm	14 Chocolate Chai Banana Muffins 11:00am - 11:30am 12:30pm - 1:00pm	15
16	17 Cooking School Closed	18 General Tso Cauliflower 11:00am - 11:30am 12:30pm - 1:00pm	19 Khao Soi - Thai Soup 11:30am - 12:00pm 12:30pm - 1:00pm	20 Crispy Snapper, Citrus Avocado Salsa 11:00am - 11:30am 12:30pm - 1:00pm	21 Air Fryer Sweet Potato Parmesan Tator Tots 11:00am - 11:30am 12:30pm - 1:00pm	22
23	24 Air Fryer Gnocchi with Meyer Lemon Vinaigrette 11:00am - 11:30am 12:30pm - 1:00pm	25 Fresh Tuna Tostada 11:00am - 11:30am 12:30pm - 1:00pm	26 How to Bao Buns 11:30am - 12:00pm 12:30pm - 1:00pm	27 Vegan Custard Chocolate Cake 11:00am - 11:30am 12:30pm - 1:00pm	28 Korean Spicy Rice Cakes 11:00am - 11:30am 12:30pm - 1:00pm	29
30	31 Maple Brown Sugar Cookies 11:00am - 11:30am 12:30pm - 1:00pm	Sign Up for Classes by scanning the QR Code 		Looking to host an event? Scan below for our events brochure RA Website 		