

# May 2025



Sign up for classes by scanning the QR code

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>Seared Ahi Tuna with Avocado Salad &amp; Herb Sauce</b> 11:00am - 11:30am 12:30pm - 1:00pm <i>Superfood Spotlight, Sauce Series</i>	<b>2</b> <b>Chocolate Ganache &amp; Truffles</b>  <i>Virtual 11:00am - 11:30am</i> <i>Virtual 12:30pm - 1:00pm</i> <i>National Chocolate Truffle Day</i>
<b>5</b> <b>Crispy Cauliflower Tacos</b>  11:00am - 11:30am 12:30pm - 1:00pm  <i>Sauce Series</i>	<b>6</b> <b>Bacon Cheeseburger Pasta Skillet</b>  11:00am - 11:30am 12:30pm - 1:00pm	<b>7</b> <a href="#"><u>Wellness Wednesday Collab</u></a> <b>Chipotle Lime Salmon with Fajita Style Quinoa &amp; Black Beans</b> 11:00am - 11:30am <i>Virtual 12:30pm - 1:00pm</i> <i>Mental Health Awareness Month</i>	<b>8</b> <b>Chicken Fettuccini Alfredo</b>  11:00am - 11:30am 12:30pm - 1:00pm	<b>9</b> <b>Strawberry Rhubarb Crisp</b>  <i>Virtual 11:00am - 11:30am</i> <i>Virtual 12:30pm - 1:00pm</i>  <i>Mother's Day Treat</i>
<b>12</b> <b>Pate Spiced Burger Sliders</b>  11:00am - 11:30am 12:30pm - 1:00pm  <i>National Hamburger Month</i>	<b>13</b> <b>Chraime: Halibut in Tomato Pepper, &amp; Garlic Sauce</b> 11:00am - 11:30am <i>Virtual 12:30pm - 1:00pm</i>  <i>Jewish American Heritage Month</i>	<b>14</b> <b>Lemon Chicken &amp; Baby Spring Vegetables</b>  11:00am - 11:30am 12:30pm - 1:00pm	<b>15</b> <b>Lebanese Lamb Fattah with Tahini &amp; Pita</b> 11:00am - 11:30am 12:30pm - 1:00pm	<b>16</b> <b>Great Grain Bowls: Tips &amp; Tricks</b> <i>Virtual 11:00am - 11:30am</i> <i>Virtual 12:30pm - 1:00pm</i>
<b>19</b> <b>Smoked Cheddar Grits with Red Eye Gravy &amp; Tasso Ham</b> 11:00am - 11:30am 12:30pm - 1:00pm	<b>20</b> <b>Lemon Butter Scallops &amp; Garlic Sauteed Green Beans</b> 11:00am - 11:30am 12:30pm - 1:00pm	<b>21</b> <a href="#"><u>Wellness Wednesday Collab</u></a> <b>Avocado Toast Bar</b> 11:00am - 11:30am <i>Virtual 12:30pm - 1:00pm</i>  <i>Superfood Spotlight</i>	<b>22</b> <b>BBQ Chicken &amp; Macaroni Salad</b> 11:00am - 11:30am 12:30pm - 1:00pm  <i>Memorial Day Prep, Sauce Series</i>	<b>23</b> <b>Memorial Day Party Tips for Easy Entertaining</b> <i>Virtual 11:00am - 11:30am</i> <i>Virtual 12:30pm - 1:00pm</i>  <i>Memorial Day Prep</i>
<b>26</b> <i>Closed for Memorial Day</i>	<b>27</b> <b>Cornflake Crusted French Toast</b>  11:00am - 11:30am 12:30pm - 1:00pm  <i>Sauce Series</i>	<b>28</b> <b>Spring Green Pasta with Asapargus, Peas &amp; Mint</b> 11:00am - 11:30am 12:30pm - 1:00pm  <i>National Asparagus Month</i>	<b>29</b> <b>Thai Red Curry with Shrimp, Veggies, &amp; Tofu</b> 11:00am - 11:30am <i>Virtual 12:30pm - 1:00pm</i>  <i>AAPI Heritage Month</i>	<b>30</b> <b>Better Brunch: Upgraded Egg Techniques</b> <i>Virtual 11:00am - 11:30am</i> <i>Virtual 12:30pm - 1:00pm</i>  <i>National Egg Month</i>