June 2025



Sign up for classes by scanning the QR code

	Monday	Tuesday	Wednesday	Thursday	Friday
	Worlday				
2		3	4	5	6
	Fried Paneer and	Pepper Crusted Tuna Steak	Cheesesteak Sandwiches	Jamaican Pepper Shrimp with	Homeamde Pasta:
	Spiced Sauteed Spinach	with Roasted Pepper Aioli	with Beef, Provolone, & Peppers	Mango, Lime, and Cilantro	Dough, Rolling, and Shaping
	11:00am - 11:30am	11:00am - 11:30am	11:00am - 11:30am	11:00am - 11:30am	Virtual 11:00am - 11:30am
	12:30pm - 1:00pm	12:30pm - 1:00pm	12:30pm - 1:00pm	Virtual 12:30pm - 1:00pm	Virtual 12:30pm - 1:00pm
	National Dairy Month	Sauce Series	National Cheese Day	Caribbean Heritage Month	
9		10	11	12	13
	Jammy Cherry Tomato Pasta	Crispy Halloumi Cheese		Pork Chops with Spring Onions,	Summer Backyard Party:
	with Ricotta & Basil	& Summer Succotash	Iron Chef	Peas, and Pancetta	Easy Make-Ahead Sides
	11:00am - 11:30am	11:00am - 11:30am		11:00am - 11:30am	Virtual 11:00am - 11:30am
	12:30pm - 1:00pm	12:30pm - 1:00pm		12:30pm - 1:00pm	Virtual 12:30pm - 1:00pm
16		17	18	19	20
	Bulgogi Beef Quesadilla with	Southwestern Chicken with	Crab Beignets & Yaji Aioli		Homemade Cracker Jacks
	Kimchi Crema	Poblano, Scallion, and Corn		Closed for Holiday	
	11:00am - 11:30am	11:00am - 11:30am	11:00am - 11:30am		Virtual 11:00am - 11:30am
	12:30pm - 1:00pm	12:30pm - 1:00pm	Virtual 12:30pm - 1:00pm		Virtual 12:30pm - 1:00pm
			Juneteenth Celebration		
23		24	25	26	27
	Beef Patty Melts	Roasted Chicken Satay, Coconut	Wellness Wednesday Collab	Summer Vegetable Souvlaki	Homemade Cornbread
		Rice, Marinated Cucumber	Seared Scallops with Green	with Garlic-Dill Tahini	& Flavored Butters
	11:00am - 11:30am	11:00am - 11:30am	Goddess & Avocado	11:00am - 11:30am	Virtual 11:00am - 11:30am
	12:30pm - 1:00pm	12:30pm - 1:00pm	11:00am - 11:30am	12:30pm - 1:00pm	Virtual 12:30pm - 1:00pm
			Virtual 12:30pm - 1:00pm		
		National Cucumber Month	Superfood Spotlight	Sauce Series	National Soul Food Month
30					
	Corn Griddle Cakes with				
	Roasted Pepper Salad				
	11:00am - 11:30am				
	12:30pm -1:00pm				