

July 2025



Sign up for classes by scanning the QR code

Monday		Tuesday		Wednesday		Thursday		Friday	
		1	Steak with Mustard Sauce & Charred Broccolini 11:00am - 11:30am 12:30pm - 1:00pm	2	<u>Wellness Wednesday Collab</u> Halibut with Spiced Plum Sauce 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm <i>Superfood Spotlight</i>	3	Korean Grilled Ribs with "Quick Kimchi" Tomato & Cucumber 11:00am - 11:30am 12:30pm - 1:00pm <i>July 4th Party Prep</i>	4	<i>closed for holiday</i>
7	BBQ Chicken Meatballs with Corn Ragout 11:00am - 11:30am 12:30pm - 1:00pm <i>National Corn Month</i>	8	Black Pepper Tofu with Scallions, Peppers, and Rice 11:00am - 11:30am 12:30pm - 1:00pm	9	Mexican Style Pasta with Chicken Corn, & Poblano Peppers 11:00am - 11:30am 12:30pm - 1:00pm	10	Vietnamese Caramel Salmon with Gingered Asapargus 11:00am - 11:30am 12:30pm - 1:00pm	11	French Summer Dessert: Apricot Gallette <i>Virtual</i> 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm <i>French Hertiage Month</i> <i>Bastille Day Prep</i>
14	Seare4d Bass with Brown Butter & Fermented Black Bean Sauce 11:00am - 11:30am 12:30pm - 1:00pm	15	Pork Chops with Peach & Ginger Glaze 11:00am - 11:30am 12:30pm - 1:00pm	16	<u>Wellness Wednesday Collab</u> Roasted Chicken with Stone Fruit, Bay Leaf and Shallot 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm <i>Superfood Spotlight</i>	17	Fluffy Lemon Ricotta Hotcakes with Blueberry Butter Sauce 11:00am - 11:30am 12:30pm - 1:00pm	18	Summer Ceviche <i>Virtual</i> 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm
21	Gobi Manchurian 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm <i>South Asian Heritage Month</i>	22	Cumin Lamb Chop with Mango & Scallion Salsa 11:00am - 11:30am 12:30pm - 1:00pm <i>National Mango Day</i>	23	Sticky Tamarind Chicken with Watermelon Lime Salad 11:00am - 11:30am 12:30pm - 1:00pm <i>National Watermelon Month</i>	24	Steak Tacos with Roasted Pineapple Salsa 11:00am - 11:30am 12:30pm - 1:00pm	25	Upgraded Classic: Stuffed Summer Vegetables <i>Virtual</i> 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm
28	Chopped Cheese 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm <i>New York Day</i>	29	Rartouille Chicken Skillet 11:00am - 11:30am 12:30pm - 1:00pm <i>National Eggplant Month</i>	30	Scallops with Sweet Summer Zucchini, Mint & Feta 11:00am - 11:30am 12:30pm - 1:00pm	31	Shrimp with Avocado & Nectarine 11:00am - 11:30am 12:30pm - 1:00pm <i>National Avocado Day</i>		