

# March 2025



Sign up for classes by scanning the QR code

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>Beef Stroganoff with Egg Noodles</b> 11:00am - 11:30am 12:30pm - 1:00pm</p>	<p><b>4</b></p> <p><b>Shrimp Po Boy</b> 11:00am - 11:30am 12:30pm - 1:00pm</p> <p><i>Mardi Gras</i></p>	<p><b>5</b></p> <p><u>Wellness Wednesday Collab</u> <b>Paste e Fagioli</b> 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm</p> <p><i>Superfood Spotlight</i></p>	<p><b>6</b></p> <p><b>Creamy Salmon Baked with Bay Leaf &amp; Simmered Leeks</b> 11:00am - 11:30am 12:30pm - 1:00pm</p> <p><i>National Leek Month</i></p>	<p><b>7</b></p> <p><b>Ultimate Cereal Bars</b> <i>Virtual</i> 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm</p> <p><i>National Cereal Day</i></p>
<p><b>10</b></p> <p><b>Croque Madame with Bechamel</b> 11:00am - 11:30am 12:30pm - 1:00pm</p> <p><i>National Sauce Month</i></p>	<p><b>11</b></p> <p><b>Italian White Beans Alla Vodka with Garlic Bread</b> 11:00am - 11:30am 12:30pm - 1:00pm</p> <p><i>Superfood Spotlight</i></p>	<p><b>12</b></p> <p><b>Thai Coconut Noodle Soup with Chicken Meatballs and Peanuts</b> 11:00am - 11:30am 12:30pm - 1:00pm</p> <p><i>National Noodle Month</i> <i>National Peanut Month</i></p>	<p><b>13</b></p> <p><b>Vegetable Pakora</b> 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm</p> <p><i>Holi</i></p>	<p><b>14</b></p> <p><b>Guinness Cake with Bailey's Frosting</b> <i>Virtual</i> 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm</p> <p><i>Irish American Heritage Month</i> <i>St Patty's (3/17)</i></p>
<p><b>17</b></p> <p><b>Truffled Lentils with Poached Eggs &amp; Prosciutto (vegetarian optional)</b> 11:00am - 11:30am 12:30pm - 1:00pm</p>	<p><b>18</b></p> <p><b>Spicy Cumin Lamb with Orzo &amp; Cannellini</b> 11:00am - 11:30am 12:30pm - 1:00pm</p> <p><i>Superfood Spotlight</i></p>	<p><b>19</b></p> <p><u>Wellness Wednesday Collab</u> <b>Spice Crusted Salmon with Garlicky Kale &amp; Lentil Skillet</b> 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm</p> <p><i>Women's Month</i></p>	<p><b>20</b></p> <p><b>Chicken Cutlets in Mushroom-Wine Pan Sauce</b> 11:00am - 11:30am 12:30pm - 1:00pm</p> <p><i>National Sauce Month</i></p>	<p><b>21</b></p> <p><b>Homemade Onion Rings</b> <i>Virtual</i> 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm</p>
<p><b>24</b></p> <p><b>Chicken Souvlaki with Yogurt Sauce</b> 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm</p> <p><i>Greek American Heritage Month</i></p>	<p><b>25</b></p> <p><b>Herby Broiled Shrimp with Sauteed Greens &amp; Beans</b> 11:00am - 11:30am 12:30pm - 1:00pm</p> <p><i>Superfood Spotlight</i></p>	<p><b>26</b></p> <p><b>Fried Halloumi with Spiced Sauteed Spinach</b> 11:00am - 11:30am 12:30pm - 1:00pm</p> <p><i>National Spinach Day</i></p>	<p><b>27</b></p> <p><b>Beer Bratwurst on Pretzel Rolls with Buttered Onions &amp; Mustard</b> 11:00am - 11:30am 12:30pm - 1:00pm</p> <p><i>Baseball Opening</i></p>	<p><b>28</b></p> <p><b>Persian Chicken Stew with Pomegranate &amp; Walnuts</b> <i>Virtual</i> 11:00am - 11:30am <i>Virtual</i> 12:30pm - 1:00pm</p> <p><i>Eid al Fitr (3/29)</i></p>
<p><b>31</b></p> <p><b>Classic, Comforting Meatloaf</b> 11:00am - 11:30am 12:30pm - 1:00pm</p>				