

## Menu Options

### Basic Knife Skills

Understand types of knives

Dice, Slice and Julienne

Green Salad, Fruit Salad, Tomato Salsa

### Quick Breakfast

Fresh Fruit Salad

Banana & Walnut Whole Grain Oatmeal

Breakfast Guacamole Tacos

### How To – Eggs

Poached Eggs w. Hollandaise

Boiled Eggs - Egg Guacamole

Fried Eggs

Scrambled Eggs

### Tex Mex, Central American

Mixed Fruit Agua Fresca

Salsa Verde Tortilla Soup

Guacamole & Fresh Salsa

Fish Tacos w. Chimichurri

### Jamaican

Whole Grain Rice & Beans

Curry Chicken & Vegetables

Fresh Mango

### Sushi

Classic Roll

Inside Out Roll

Maki Sushi

Miso Soup

Green Tea

### Mediterranean

Cucumber Tomato Salad

Greek Yogurt Tzadziki

Chickpea Falafel

Herbed Cous Cous

### Thai

Sweet Sour Coconut Soup

Thai Basil Chicken Lettuce Wraps

Summer Rolls w. Chicken & Tofu

### Italian

Tomato & Chickpea Bruschetta

Winter Vegetable Minestrone

Italian Herbed Salmon or Chicken

Whole Wheat Pasta w. Pan Roasted Tomato, Bacon & Olives

### Vegetarian, Salads and Soups

Curried Apple & Carrot Soup

Seasonal Kale w/ Sweet Potato, Goat Cheese & Raisins

Black Bean & Oats Burger w/ Chipotle Sauce

### Spanish

Chilled Red Tomato Gazpacho

Warm Spinach & Garbanzo Salad

Spanish Paella

### Indian

Mango Lassi

Spiced Basmati Rice

Chicken Tikka Masala