

# JANUARY 2013

| Sunday | Monday                                      | Tuesday                                  | Wednesday | Thursday                          | Friday                            | Saturday |
|--------|---------------------------------------------|------------------------------------------|-----------|-----------------------------------|-----------------------------------|----------|
|        |                                             | 1                                        | 2         | 3                                 | 4                                 | 5        |
| 6      | 7<br>Bacon, Bacon n more bacon<br>18:30:00  | 8                                        | 9         | 10<br>Gourmet Soups<br>11:30:00   | 11<br>All Liquored Up<br>18:30:00 | 12       |
| 13     | 14<br>Bacon, Bacon n more bacon<br>18:30:00 | 15<br>Clueless in the Pantry<br>18:30:00 | 16        | 17<br>Pasta Three Way<br>11:30:00 | 18                                | 19       |
| 20     | 21                                          | 22<br>Perogies<br>18:30:00               | 23        | 24<br>Medival Cooking<br>11:30:00 | 25<br>Feel Good Food<br>06:30:00  | 26       |
| 27     | 28                                          | 29<br>Risotto<br>18:30:00                | 30        | 31<br>Tasty Vegan<br>11:30:00     |                                   |          |
|        |                                             |                                          |           |                                   | Notes:                            |          |

# FEBRUARY 2013

| Sunday                     | Monday                    | Tuesday                          | Wednesday                           | Thursday                            | Friday | Saturday |
|----------------------------|---------------------------|----------------------------------|-------------------------------------|-------------------------------------|--------|----------|
|                            |                           |                                  |                                     |                                     | 1      | 2        |
| 3                          | 4                         | 5                                | 6<br>Love is in the air<br>18:30:00 | 7<br>Love is in the air<br>11:30:00 | 8      | 9        |
| 10                         | 11<br>Curries<br>18:30:00 | 12<br>Mardi Gras!<br>18:30:00    | 13                                  | 14<br>Cooking with wine<br>11:30:00 | 15     | 16       |
| 17<br>High Tea<br>16:00:00 | 18                        | 19<br>Dead of winter<br>18:30:00 | 20                                  | 21<br>Indonsian Appies<br>11:30:00  | 22     | 23       |
| 24<br>High Tea<br>16:00:00 | 25                        | 26<br>Stir Fried<br>18:30:00     | 27                                  | 28                                  |        |          |
|                            |                           |                                  |                                     |                                     | Notes: |          |

# MARCH 2013

| Sunday | Monday                                  | Tuesday                             | Wednesday                                        | Thursday                            | Friday                            | Saturday |
|--------|-----------------------------------------|-------------------------------------|--------------------------------------------------|-------------------------------------|-----------------------------------|----------|
|        |                                         |                                     |                                                  |                                     | 1                                 | 2        |
| 3      | 4<br>Clueless in the Pantry<br>18:30:00 | 5<br>Spring has Sprung<br>18:30:00  | 6<br>How not to burn water<br>101-a<br>06:30:00  | 7                                   | 8                                 | 9        |
| 10     | 11<br>Intro to Raw<br>18:30:00          | 12<br>Appies Galore<br>18:30:00     | 13<br>How not to burn water<br>101-b<br>18:30:00 | 14<br>Cooking with Beer<br>11:30:00 | 15<br>All liquored Up<br>18:30:00 | 16       |
| 17     | 18<br>Pizza!!!<br>18:30:00              | 19<br>Eggtastic<br>18:30:00         | 20<br>How not to burn water<br>101-c<br>18:30:00 | 21<br>Early Greens<br>11:30:00      | 22                                | 23       |
| 24     | 25<br>Detox Cooking<br>18:30:00         | 26<br>Spring has Sprung<br>18:30:00 | 27<br>How not to burn water<br>101-d<br>18:30:00 | 28<br>All Stuffed<br>11:30:00       | 29                                | 30       |
| 31     |                                         |                                     |                                                  |                                     | Notes:                            |          |