

# *Blown Away On the Menu!*

## **WEDNESDAY**

Cooking Class 3:00-4:30

Dinner: Chicken and Sausage Gumbo  
w/potato salad

## **THURSDAY**

B: Breakfast Quiches

L: Tacos-Carnitas, Cilantro Lime  
Chicken and Black bean w/sides.

D: Cajun Smothered Pork w/two sides

## **FRIDAY**

B: Breakfast Stratas,

L: Curry Rice Bowls

D; Cajun Shrimp Fettucini  
Madeline

## **SATURDAY**

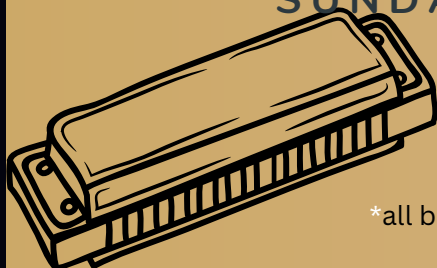
B: Breakfast Tacos

L: Louisiana Po'boys

D: Cajun Chicken Fricassee  
w/two sides

## **SUNDAY**

Grillades over Gouda Grits



\*all breakfast includes fresh fruits, pastries, granola,  
yogurt, OJ and coffee