

# September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 <i>Labor Day</i>	6 <i>Quick Lunches and Snacks—4:00</i>	7	8	9	10
11 <i>Men and Young Adults—3:30</i>	12	13 <i>Kids &amp; Family—4:00</i>	14 <i>Fall Vegetables—4:00</i>	15	16 <i>One Pot Dishes and Soups—5:30</i>	17 <i>Cooking for One or Two—</i>
18	19	20	21	22	23	24
25	26	27 <i>Modifying Meals—5:00</i>	28	29	30 <i>Italian Classics—5:00</i>	

# October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 <i>Quick Lunches and Snacks—3:30</i>	3	4 <i>Men and Young Adults—6:00</i>	5	6	7	8 <i>Sushi Class—4:00</i>
9	10	11 <i>Fall Vegetables - 5:30</i>	12 <i>Kids—3:30</i>	13	14	15
16 <i>Men and Young Adults—3:30</i>	17	18	19	20	21	22 <i>Meat and Beef—4:00</i>
23 <i>Fall Baking—3:30</i>	24	25 <i>Dressings and Salads—5:00</i>	26 <i>Fish and Seafood—4:00</i>	27	28	29 <i>Modifying Baking—3:30</i>
30	31 <i>Happy Halloween</i>					

# November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Women—5:30</i>	2	3	4	5 <i>Seasonal Veggies— 4:00</i>
6	7	8 <i>Thanksgiving Sides— 5:00</i>	9	10	11	12 <i>Kids—4:00</i>
13	14	15 <i>Eggs; the complete food—5:00</i>	16	17	18	19
20	21	22	23	24 <i>Thanksgiving</i>	25	26 <i>Creative Leftovers— 3:30</i>
27	28	29	30 <i>Holiday Party Food and Appetizers—5:00</i>			

# December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 <i>Holiday Baking—3:00</i>	5	6 <i>Modifying Foods— 5:00</i>	7	8	9	10
11 <i>Men and Young Adults—3:30</i>	12	13 <i>Fish and Seafood— 5:00</i>	14	15	16	17 <i>Kids in the Kitchen— 4:00</i>
18	19	20 <i>Winter Harvest Veg- gies—4:00</i>	21	22	23	24
25	26	27	28	29	30	31

# January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 <i>Post Holiday Health Protocol—4:00</i>	5	6	7
8 <i>Sunday Game Day Foods—3:00</i>	9	10	11	12	13	14 <i>Soups—3:30</i>
15	16	17 <i>Back to School and Work; quick meals and snacks—5:00</i>	18	19	20	21 <i>Italian Classics—4:00</i>
22	23	24	25	26	27	28
29	30	31				