Participant’s Name: Contact Phone/Email:

Class Date: Allergies/Dietary Restrictions:

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| **Entrees** (Select a total of 8) | **Qty** |
| **\* Chicken Saltimbocca (8 pieces)**  Thin chicken breasts and cambozola cheese wrapped up with wonderfully salty prosciutto, topped off with a delicious lemon/white wine sauce. So! Good… | 0 |
| **Pumpkin Shrimp Curry**  That’s right more delicious pumpkin recipes for the fall. This one takes nutrient rich pumpkin and butternut squash with shrimp, coconut milk and curry to create a velvety rich sauce which you can serve over rice. Delish. | 0 |
| **Beef Stew with Red Wine and Mushrooms topped with Blue Cheese**  Gorgeous chunks of beef slow cooked with a savoury mixture of sliced mushrooms, red wine, carrots, potatoes seasoned with rosemary and served with crumbled blue cheese. Wow! | 0 |
| **Lemon Parsley Pesto Wild Sockeye Salmon**  Gorgeous Wild Sockeye Salmon lathered in a savoury lemon pesto with parsley, basil, capers and of course lemon! | 0 |
| **\*Kang Pha Nang (Chicken Curry in a sweet/spicy peanut sauce)**  Straight from my cookery course in Thailand at lovely Railay Beach. Also my son’s favourite dish ever, he’s 7. Wonderful sweet/spicy chicken curry dish is made with chicken breast, coconut milk, Kaffir leaves, authentic red curry paste and peanuts. Veggie Option: Tofu | 0 |
| **Pork Tenderloin with Red Wine and Raisin Sauce**  Beautifully seared Pork Tenderloin finished with a delightfully sweet/savoury sauce with red wine, fresh sage and raisins. | 0 |
| **Spinach Whole Wheat Lasagne**  Fantastic Vegetarian lasagne layered with whole-wheat pasta, nutritious fresh baby spinach, delicious tomato sauce, mozzarella cheese and fresh basil garlic ricotta/egg mixture. | 0 |
| **\*Red Curry Thai Chicken Skewers**  Chicken tenders marinated in a red curry paste then skewered; perfect for the grill or in the oven. For the side, we will supply a home-made Thai peanut sauce for dipping. Veggie option: Tofu | 0 |
| **\*Chicken with Caramelized Onions**  Savoury sautéed chicken breasts piled high with sweet mounds of caramelized onions. Lucky for you, you do not even need to chop any of these tearful onions, just cook them up and you are in heaven. | 0 |
| **Gnocchi with Tomato Pesto Sauce**  Ah…beautiful little gnocchi’s. At the studio you will make traditional Gnocchi dough along with a delicious and flavourful tomato pesto sauce to enrobe not only the gnocchi’s but also your belly! | 0 |
| **Honey BBQ Chicken Thighs**  Great option for the kids. Chicken thighs are the perfect size for their appetites. Made with a delicious homemade sweet honey BBQ sauce. Making dinners easy and finger licking good. Literally. | 0 |
| **Homemade Baked Whole Wheat Mac n’ Cheese**  This is my mom’s recipe kicked up a notch. Delicious baked layered cheese a mix of old cheddar cheeses, butter, salt and pepper, milk and whole wheat elbow noodles. This was my favourite as a kid and still is in our house. | 0 |

**Instructions:** Select 8 entrees below (you can double up on your favourites) and send to Well Fed on or before the Thursday prior to your class. One menu sheet per participant. Send your selections to: [info@wellfedstudio.com](mailto:info@wellfedstudio.com) or fax 604-971-4758.

Meal Assembly Menu – November 2012

***\*All Well Fed Chicken is free run, antibiotic and hormone free***