

CREATE THE GOOD

Every Friday 12-2p.m.
Hung-A-Lel-Ti Firehouse

Lunch * Presentations * Creations * Conversations

FEBRUARY 2ND

MENU:

OVEN BBQ CHICKEN, SMASHED BROCCOLI WITH PARMESAN & GARLIC, CAULIFLOWER TOTS

ACTIVITIES:

CSS NUTRITION ED WITH SADIE; HEALTH & WELLNESS GOALS WITH CHERYL

FEBRUARY 9TH

MENU:

BAKED SALMON WITH LEMON DILL SAUCE, COCONUT RICE, ARUGULA CAPRESE SALAD

ACTIVITIES:

SPN VALENTINE GIFT BASKETS WITH EWA; HEALTH & WELLNESS GOALS WITH CHERYL

FEBRUARY 16TH

MENU:

CHINESE ORANGE CHICKEN & GREEN BEANS, EGG FLOWER SOUP, SPRING ROLLS

ACTIVITY:

HEALTH & WELLNESS GOALS WITH CHERYL

FEBRUARY 23TH

MENU:

BEEF & VEGGIE STIR FRY, JASMINE RICE

ACTIVITIES:

NATIONAL EATING DISORDER AWARENESS MONTH DISCUSSION WITH BHS; HEALTH & WELLNESS GOALS WITH CHERYL