

## Menu for Jr. Chef/ Sr. Chef/ Homeschool

### September Weird Science

10/5 to 10/11: Sweet or Salty...you decide!

Sweet and Salty Granola Bars

### October It's a Mystery

10/12 to 10/18: Mediterranean Sea Mystery

Pasta with Butter and Greens

10/19 to 10/25: Earthy Eats Mystery

Roasted or Grilled Sandwiches

10/26 to 10/31: Saucy Lil' Mystery

Roasted Vegetable Aioli and Avocado BLT

### November Taste the Difference

11/2 to 11/9: Sweet Eats

Green Bean Bundles and Autumn Night Grilled Cheese

11/10 to 11/15: Salt of the Earth

Miso Maple Roasted Veggies and Ziti with Portabella Mushrooms

11/16 to 11/22: Sour Hour

Lemon Pesto Focaccia and Artichoke Dip

11/23 to 11/29: Bitter Bites

Chile Ancho Sope de Chocolate and Flourless Chocolate Cake

### December It's Breakfast Time Somewhere

11/30 to 12/6: Latin America

Chilaquiles with Eggs and Tortillas

12/7 to 12/13: Eastern European

Kolachky and Potato Latke with Applesauce

12/14 to 12/20: United States

Christmas Eve Sausage Bread and Chocolate Sour Cream Coffee Cake

**NO CLASSES December 21st to January 3rd**

**Classes resume January 4, 2016**



**What are we?** We are a real cooking school for children between the ages of three and ninety-three! We provide a unique learning opportunity for your child to develop a life skill that they will use every day. Through hands-on participation and an open environment for discovery and knowledge, children are able to use food and cooking techniques to build practical life skills knowledge, increase self-confidence and gain independence.

**What do we do?** We teach a very important and useful life skill--how to cook. Our Young Chefs learn valuable culinary skills and techniques that they will use for the rest of their lives. We all have such demanding schedule these day with work, school and sports activities, it's difficult to pass on to our children these skills: how to cook properly, kitchen safety and make delicious and nutritious meals. We promote healthier decisions and eating, along with the motto that "everything should be eaten in moderation". In addition, they use their math, reading/comprehension, and communication skills in class while also being provided with background knowledge of what they are cooking. This is through food science, facts about the ingredients, or the origins and history of the recipes.

# Weekly Classes



Young Chefs Academy of Richmond

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**KinderCooks** (ages 3 to 6)

**Presents:**

## **Alphabet Soup**

KinderCooks® presents the series, "Alphabet Soup." Starting this September your youngest chefs will serve up the ABC's sprinkled with holiday fun.

**Wednesdays from 12:30pm to 1:30pm**

**and**

**Wednesdays from 6pm to 7pm**

### **October**

10/7: "E" Egg Omelets

10/14: "F" Fabulous Focaccia

10/21: Pumpkin Cupcakes

10/28: Halloween Treats

### **November**

11/4: "G" Gnocci

11/11: "H" Harvest Cookies

11/18: Turkey Meatloaf

### **December**

12/2: "I" Individual Omelets

12/9: Potato Latkes

12/16: Christmas Eve Sausage Bread

8 week-session is \$160

Individual Drop-In class \$25

Winter Session Begins January 6, 2016

## **Jr. Chefs (ages 6 to 10)**

Our Jr. Chefs program is designed for budding chefs, ages 6 to 10. The classes allow children to develop their culinary skills while fostering their love of cooking. Our weekly classes are an hour and a half long and are offered on **Tuesdays at 4:00pm** and **Saturdays at 10:00am**.

## **Sr. Chefs (ages 10 to 16)**

Our Sr. Chefs program offers students, ages 10 and up, more in-depth and detailed culinary instruction. Students will assume more responsibility while learning new techniques and concepts. Our weekly class is an hour and a half long and are offered on **Mondays at 6:30pm for ages 13 to 16 (Monday classes will begin in January 2015. Monday classes follow their own menu plan as determined by chefs and students) or Tuesdays at 6:00pm for ages 10 to 13.**

**The Chefs Club, our best value,** is a monthly membership program where students attend class every week. Payments are made monthly \$99 month to month or \$69 per month with a 12 month commitment, plus a \$59 one-time registration fee\* which includes your chef's starter kit.

Individual Drop-In Classes are \$30 each

Menus are listed on the back.

## **Homeschool Classes (all ages 3 +)**

Our Homeschool program offers classes to those who would like daytime cooking classes. Just like our other classes, they allow children to develop their culinary skills at their own pace, while reinforcing skills like math, science, reading and more.

Homeschool classes are an hour and a half long and are offered on **Wednesdays at 10:30am**.

Individual Drop-In Classes are \$30 each

8-week session is \$200

These classes follow our Jr. and Sr. Chef menus that are listed on the back.