



## VEGAN & VEGETARIAN FALL CLASSES

*Learn to make hearty, wholesome and tasty vegan soups and dishes with vegetarian options. Main dish recipes, accompanying sauces and salads will highlight the use of legumes, grains, nuts, seeds and seasonal vegetables. Dishes will utilize a variety of herbs, spices and vegan condiments. Participants take home the food they prepare.*

**Date and Time:** **Wednesday afternoons** from 1:00 to 3:30 p.m. September 11, 18, 25 & October 2. The same class will be offered on **Thursday evenings** from 6:00 to 8:30 p.m. September 12, 19, 26 & October 3. **Cost: \$160.00.** Includes ingredients. **Location:** Mary Jane's Cooking School, 252 Arlington Street.

**To Register:** call Mary Jane's Cooking School: 204 775-2522 or email: [mjcookin@mymts.net](mailto:mjcookin@mymts.net)