



CLASSES AT MARY JANE'S COOKING SCHOOL

SUPER SOUPS AND STEWS

Warm up to hearty and flavourful simmering vegan or vegetarian soups and stews featuring a variety of styles and ingredients. As time permits participants will make crusty breads, scones or biscuits accompaniments. Take home what you prepare!

Dates: Wednesday evenings January 20 & 27 and February 3, 2016.

Time: 6:00 to 8:30 p.m.

Cost: \$120.00 for three classes.

To Register: call Mary Jane's Cooking School: 204 775-2522 or email mjcookin@mymts.net.

COOKING CLASSES FOR KIDS

In these after-school classes, children aged 8 to 12 years will learn how to make wholesome kids-friendly dishes and snacks. Using whole foods children will learn how to make good food choices and tasty foods, while having fun. Prepared foods will be eaten at the school and/or taken home. Parents are welcome.

Dates: Thursday evenings from 5:00 to 7:00 p.m. February 4, 11, 18 and 25, 2016.

Time: 5:00 - 7:00 p.m.

Location: Mary Jane's Cooking School at 252 Arlington Street (just south of Portage Ave.).

Cost: \$140.00 /student. Includes ingredients and supplies.

To Register: Call Mary Jane's Cooking School at 204 775-2522 or email: mjcookin@mymts.net

BREAD MAKING WORKSHOPS

Learn the traditional way of making yeast breads, using wholesome organic flours and experience kneading and shaping bread, rolls and buns. Bring a bagged lunch. Take home what you bake!

Dates: Workshop 1: whole grain bread and buns. Saturday February 13.

Workshop 2: rolls or cinnamon buns and focaccia. Saturday February 20, 2016.

Time: 10:00 a.m. to 5:00 p.m.

Location: Mary Jane's Cooking School, 252 Arlington Street

Cost: \$50.00 per workshop.

To Register: call Mary Jane's Cooking School: 204 775-2522 or email:
mjcookin@mymts.net.

INDIAN COOKING CLASSES WITH NANDITA SELVANATHAN

Come for a learning experience of mixing taste with health as Nandita shows you how to make healthy Indian dishes followed by a sit down dinner of delicious Indian food. More details to follow.

Date: Saturday February 27

Time: 1:00 to 4:00 p.m.

Cost: \$40.00

To Register: call Mary Jane's Cooking School: 204 775-2522 or email:
mjcookin@mymts.net.

VEGAN & VEGETARIAN SPRING CLASSES

Learn the basics in vegan & vegetarian cooking and make wholesome, tasty main dishes, and accompanying sauces and salads. The recipes will highlight the use of legumes, grains, nuts and seeds and seasonal vegetables. Participants take home the food they prepare. The same classes will be offered on Wednesday and Thursday.

Dates: Wednesday evenings April 6, 13, 20 & 27. **Time:** 6:00 to 8:30 p.m.

Thursday afternoons April 7, 14, 21 & 28. **Time:** 1:00 to 4:00 p.m.

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