

+ Girl Scout Troop
41004



Invite you to
(Insert name of program)



Join us for an evening of fun!



We will be hosting a brunch!

WHEN: **INSERT DATE/TIME**

COST: \$15

WHERE: Youthage Culinary

508 N. Seymour Ave., Mundelein, IL 60060



RSVP to troop41004@gmail.com by INSERT DATE

+ Menu Selection

Breakfast for Lunch

- Waffle Extravaganza- Make waffles from scratch, and create a variety of great toppings
- Sunshine Breakfast- Learn how to make a great Healthy Breakfast Pancakes & Vegetable quiche
- Egg FEST/French Toast- Learning the fundamentals of cooking Eggs. Scrambled, Hard Boiled, & Over Easy pairing with French Toast



Healthy Lunch I

- Taste of Italy- Making some Pasta from Scratch, Tomato Sauce, Alfredo Sauce, and Pesto Using a Variety of Dry Pasta
- Taco's with Love- Creating Great Mini Taco using a variety of fresh Produce and Meats; Ground Beef, Turkey, and Fish
- Sandwiches for the great outdoors- Learn how to make a Variety of Healthy and not so healthy Sandwiches
- Indoor Campfire Cookout- Grilling and Sautéing Chicken, Vegetables and an indoor S'mores



Healthy Lunch II

- Survival Cooking - Rustic Meat and Potatoes Cooking, Small Sirloin Steak and sautéing Onions and Mushrooms
- Campfire burgers and Bean- (Making Burgers Mom's would be proud of COOKING Burgers and then pairing them with beans and a salad)
- Salads WITH Love- Create a variety of Healthy Salads from Pasta to Romaine and making simple salad dressings to pair
- Vegetarian Meals- Simple but light main entrees using vegetables, TOFU, Black Beans, Chick Peas and some Gluten free products