



Culinary Class Schedule

Menu 1 - Seared Tuna

Oct. 14, 2008 - Tuesday Lunch
Oct. 15, 2008 - Wednesday Dinner

Simply Butternut Squash Soup
Grilled Fig and Endive Salad with
Spiced Pecans
Seared Tuna with Seasonal
Vegetable and Wasabi "Cream"
Seasonal Fruit Crisp

Menu 2 - Lemony Chicken

Oct. 28, 2008 - Tuesday Lunch
Oct. 29, 2008 - Wednesday Dinner

Chilled Red Pepper Soup
Lemony Chicken with Capers and
Kalamata Olives (Sautéed Greens)
Barley Risotto
Vanilla, Orange and Cinnamon
Poached Pears

Menu 3 - Pan Seared White Fish

Nov. 11, 2008 - Tuesday Lunch
Nov. 12, 2008 - Wednesday Dinner

Savory Split Pea Soup
Baby Spinach Salad with
Warm Tomato Vinaigrette
Pan Seared White Fish with
Oven Roasted Vegetables
Apple Polenta Cake with Walnut Oil

Menu 4 - Rack of Lamb

Nov. 18, 2008 - Tuesday Lunch
Nov. 19, 2008 - Wednesday Dinner

Cauliflower Bisque
Garden Lettuces with Pears, Fennel,
Pomegranate and Pear Vinaigrette
Rack of Lamb with Dijon
Balsamic Glaze
Dark Leafy Greens with
Caramelized Onions and Pinenuts
Pumpkin Flan

Menu 5 - Roasted Pork Tenderloin

Dec. 9, 2008 - Tuesday Lunch
Dec. 10, 2008 - Wednesday Dinner

Mixed Greens with Beets, Fennel and
Walnut Pesto
Roasted Pork Tenderloin with
Spiced Orange Sauce
Butternut Squash Puree
Chocolate Molten Cake



Class times:

Lunch class - 11 am - 1:30 pm
Dinner class - 6 pm - 8:30 pm
Arrive 10 minutes prior to class.

Class fees:

Includes recipes, menus, a great meal
and a fun time.

\$65 - lunch class per student
\$75 - dinner class per student

For more information or reservations,
please contact Lolly.

phone: 619.520.0093

email: lolly@forandaboutfood.com

Reservations required for all classes.

Please send payment to:

Lolly Tharp
3340 Ingelow Street
San Diego, CA 92106

Cancellations must be made by
phone 48 hours prior to class in
order to receive a full refund.

Classes held in Lolly's kitchen in
Point Loma:
3340 Ingelow Street
San Diego, CA 92106

Lolly is dedicated to using organic and
sustainable ingredients when possible.



Custom Classes:

Create your very own custom class for
any special occasion:

Bridal Shower
Bachelorette Party
Birthday
Holiday Get-Together
Dinner Party
Girls' Night Out
Business Outing

Along with the cooking instruction,
Lolly supplies the informal service,
great food and clean up. Educate
your guests while enjoying an
evening in your kitchen or her's.

If you would like to arrange a custom
class, call Lolly (619.520.0093).
Vegetarian menus are available.