

# **Summer Kids Chef Camp 2013**

**When:** June 10, 2013 to August 19, 2013,

**Time:** 10.30 am to 1.30 pm with 30 min break for lunch

**Sessions:** 2 or 3 or 4 or 5 days in length (Monday to Friday)

**Age:** 7 and up

**Cost:** 2 days -> \$60/child     **Discount:** \$5 off for sibling, \$10 off for more than one session signup.

3 days -> \$80/child

4 days -> \$106/child

5 days -> \$125/child

**Registration Information:** Send child's details and class interested using the '[Contact Form](#)'

**What is included:** Hands on teaching with demo, recipe printouts, lunch and samples to take home.

## **Example of 5 days session with week and details as below:**

|            |                       |                                                                                                                                                                                                                                               |
|------------|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Week One   | <b>June 10 – 14</b>   | Panini, Pesto, Homemade Pizza, Lunch Salads, Soup, Quesadillas, Homemade simple Sushi, Crepes, Cupcakes, Chocolate Soufflé, Banana Bread, Whoopee pie, Cakepops, Verities of Smoothie, Baked sweet potatoes.                                  |
| Week Two   | <b>June 17 – 21</b>   | Spaggetti with veggies, Croissant Sandwiches, French Toast, Crepes, Baguettes and Carribean Salsa, Baked Brie, Homemade Ice Cream, Vegetable Fritter, Whoopee Pie, Muffins, Verities of Smoothies                                             |
| Week Three | <b>June 24 – 28</b>   | Bread Pudding, Various Egg Omelets, Lentil Crepes, Chutney, veg chow mien, Various Begal Sandwich, Rice and Fried Rice, Noodles with vegetables, cupcakes and quick and easy techniques for simple decorations                                |
| Week Four  | <b>July 1 – 5</b>     | Pita wraps, Hummus, Dill Falafel, Various Salads, Grilled Fruit and Veggi Tarts, Strawberry cake, Cupcakes, Milk Shakes, and Homemade Ice Cream. Sweet Crepes, Indian Semolina crepes, Chutney!                                               |
| Week Five  | <b>July 8 – 12</b>    | Quinoa Salad, Couscous delight, Varieties of wraps with stir fried veggies. Rice, noodles and veggies in Indo-chinese curry!, chocolate chip cookies, chocolate chip banana bread cupcakes, quick and easy techniques for simple decorations! |
| Week Six   | <b>July 15 – 19</b>   | Veg Lasagna, Beans soup, Stir fried Vegetables, Spinach cheese Ravioli, Zucchini Pasta, Tiramisu, Basic cake sheets, Dumplings with lentil soup, Potato Surprise! (this is advanced skill class for 11yr and above old kids)                  |
| Week Seven | <b>July 22- 26</b>    | Panini, Pesto, Homemade Pizza, Lunch Salads, Soup, Quesadillas, Homemade simple Sushi, Crepes, Cupcakes, Chocolate Soufflé, Banana Bread, Whoopee pie, Cake pops, Verities of Smoothies, Baked Sweet Potato's.                                |
| Week Eight | <b>July 29- Aug 2</b> | Spaggetti with veggies, Croissant Sandwiches, French Toast, Crepes, Baguettes and Carribean Salsa, Baked Brie, Homemade Ice Cream, Vegetable Fritter, Whoopee Pie, Muffins, Verities of Smoothies                                             |
| Week Nine  | <b>Aug 5-9</b>        | Bread Pudding, Various Egg Omelets, Lentil Crepes, Chutney, veg chow mien, Various Begal Sandwich, Rice and Fried Rice, Noodles with vegetables, cupcakes and quick and easy techniques for simple decorations                                |
| Week Ten   | <b>Aug 12- 16</b>     | Pita wraps, Hummus, Dill Falafel, Various Salads, Grilled Fruit and Veggi Tarts, Strawberry cake, Cupcakes, Milk Shakes, and Homemade Ice Cream. Sweet Crepes, Indian Semolina crepes, Chutney!                                               |