



FORK & KNIFE

MENORAH PARK'S

FREE!

MONTHLY COOKING CLASS

**WHY ARE
PICKLED
FOODS SO
POPULAR
THESE DAYS??**



FERMENTED FOODS



6.05.18

**LOCATED IN THE ARTS
AND MINDS ROOM NEAR
OUR NEW BISTRO**

**2:00
PM**

**PLEASE CALL YOUR
REGISTERED DIETITIAN
FOR DETAILS! 315 446 9111 EXT. 148**



MENORAH PARK