



12 – 15 YEARS OLD

	SLICING & DICING	SEARING & SAUTEING	FRYING & STEAMING	ROASTING & POACHING	GRILLING & BAKING
THE FUNDAMENTALS OF COOKING MENU 7/8 THRU 7/12 & 8/5 THRU 8/9	Greek Salad cilantro vinaigrette & croutons Chicken Cordon Bleu ham and swiss Apple Tarte classic tarte tatin, cinnamon & caramel <p style="text-align: right;">JULY 8 & AUGUST 5</p>	New York Strip shallot demi-glace Pan Seared Fries scallions & sour cream Ginger Strudel pears, walnuts, & fresh whipped cream <p style="text-align: right;">JULY 9 & AUGUST 6</p>	Coconut Shrimp dijon mustard, citrus marmalade, baby basil & lola rosa Sticky Rice pickled ginger Mango Fritters honey & sugar <p style="text-align: right;">JULY 10 & AUGUST 7</p>	Cornish Hens balsamic & honey glaze Roasted Green Beans garlic & evoo Poached Pear red wine poached, mascarpone zabaione <p style="text-align: right;">JULY 11 & AUGUST 8</p>	Grilled Pork Loin coriander crust Grilled Romaine shallots, feta, oregano & red peppers Chocolate Cake strawberry sauce & molten center <p style="text-align: right;">JULY 12 & AUGUST 9</p>
THE FOOD FIGHT MENU 7/15 THRU 7/19 & 8/12 THRU 8/16	Salmon Spinach Risotto Banana <p style="text-align: right;">JULY 15 & AUGUST 12</p>	Summer Squash Fingerling Potatoes Chicken Breast Mango <p style="text-align: right;">JULY 16 & AUGUST 13</p>	Bar Steak Israeli Cous Cous Carrots Marshmallow <p style="text-align: right;">JULY 17 & AUGUST 14</p>	Mussels Brussel Sprouts Sweet Potato Peaches <p style="text-align: right;">JULY 18 & AUGUST 15</p>	Fresh Pasta Endive & Radicchio Chocolate Cannoli Shells <p style="text-align: right;">JULY 19 & AUGUST 16</p>

ACADEMY CULINARY MENU



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THE FUNDAMENTALS OF COOKING MENU 7/22 THRU 7/26 & 8/19 THRU 8/23	Louisville Salad spinach, apples, red onions, caramelized walnuts, balsamic Frittata Caprese tomato, basil, mozza Banana Foster Toast crème chantilly JULY 22 & AUGUST 19	Chicken Scallopini wild mushroom demi-glace Sautéed Asparagus garlic & evoo Apricot Empanadas blueberry coulis, fresh whipped cream JULY 23 & AUGUST 20	Striped Bass en papillote, tarragon brown butter sauce Steamed & Fried Taters chimichurri Churros dulce de leche dipping sauce JULY 24 & AUGUST 21	Chicken Burritos yellow rice & mojo sauce Elotes mexican street corn cotija & lime Poached Peaches zabaione JULY 25 & AUGUST 22	Mediterranean Grilled Beef Fillet cumin & paprika Fresh Hummus tahini, cilantro, & grilled pita Lemon Cake vanilla meringue, fresh blueberry coulis, citrus cake JULY 26 & AUGUST 23
THE FOOD FIGHT MENU 7/29 THRU 8/2 & 8/26 THRU 8/30	NY Strip Steak Broccoli Elbow Noodles Mixed Berries JULY 29 & AUGUST 26	Stripped Bass Bok Choy Jasmine Rice Lemon Curd JULY 30 & AUGUST 27	Fresh Pasta Romaine Mozzarella Lady Fingers JULY 31 & AUGUST 28	Turkey Breast Idaho Potatoes Green Beans Pumpkin Pie Filling AUGUST 1 & AUGUST 29	Shrimp Avocado & Lime Pineapple Condensed Milk AUGUST 2 & AUGUST 30

ACADEMY CULINARY MENU