

Menu



Monday:

Italian Cuisine

Caprese Skewers
Zucchini Lasagna
Tiramisu in a Cup

Tuesday:

Asian Cuisine

Veggie Bites
Zucchini Noodles
Summer Fruit Rolls

Wednesday:

Mexican Cuisine

Black Bean Tacos
Apple Taquitos
Horchata

Thursday:

Indian Cuisine

Raita Dip With Pita Chips
Spinach Curry With Rice
Mango Lassi

Friday:

American Cuisine

Pigs in Blankets
Rainbow Veggie Pizza
Key Lime Pie



River Forest
Park District

Classes provided by iCook After School
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