

Week Seven: 14-17 year olds

Day One: Saute

Breakfast: Pancake Breakfast Sandwiches

Lunch: Pan-Seared Steak, Ratatouille, French Bread

Dessert: Cream Puffs

Day Two: Pan-Fry

Breakfast: Custardy French Toast

Lunch: Pork Schnitzel, Sweet Potato and Chorizo Hash

Dessert: Chocolate Cream Pie

Day Three: Braise

Breakfast: Chicken and Waffles

Lunch: Chicken Cacciatore, Fresh Pasta

Dessert: Cherry Clafoutis with Whipped Cream

Day Four: Grill

Breakfast: Diner-Style Omelet and Hash Browns

Lunch: Grilled Salmon, Garlicky Green Beans, Rice Pilaf

Dessert: Ooey-Gooey Carrot Cake with cheesecake mousse

Day Five: Competition

Breakfast: Make your own Quiche Competition

Lunch: Mystery Basket

Dessert: Cake Decorating Competition