



IRON CHEF



Week 4 July 25 – July 29
9:00 – 4:00 pm
Entering Grade 6 – 8

Questions? Running late? Contact us
at: 613-233-8713 or info@gnag.ca

Monday

July 25

Iron Chef
Mexico

Required
Elements: Bell
Pepper &
Chicken



Tuesday

July 26

Iron Chef
Italy

Required
Element: Pasta
from Scratch
(Recipe
Provided)

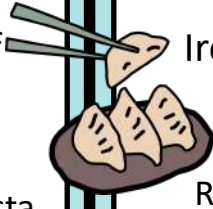


Wednesday

July 27

Iron Chef
Asia

Required
Element:
Dumpling
Wrappers



Thursday

July 28

Iron Chef
Vegetarian

Required
Elements:
Protein &
Cauliflower

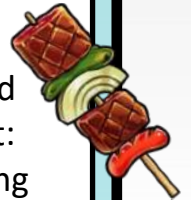


Friday

July 29

Iron Chef
Barbecue

Required
Element:
Something
Skewered



Please remember to bring a water bottle, sunscreen,
hat, and 2 nut-free snacks & lunch every day!
Note: schedule is subject to change.



Drop-off & Pick-Up: Second Ave garden

Glebe Community Centre
175 Third Ave, Ottawa