

# Make your own Noodle Bowl with Satay!



Saturday, September 29th starts at 10:30 am (2 hour class)

Pomfret Senior Center (207 Mashamoquet Rd)

Fee: \$10.00 per person      Instructor: Ms. Tina Kelly

## NOODLE BOWLS ARE THE ANSWER TO YOUR DINNER

**PROBLEM!** As much as we may love to cook, most weeknights need simple meals, that's why noodle bowls are a great solution!

The bowls are topped with fresh veggies, and satay flavored meat or seasoned tofu.



It's a healthy in full meal in one bowl!

**MUST REGISTER EARLY, WE CAN NOT TAKE WALK INS FOR THIS CLASS**

Noodle Bowl with Satay Class on 9/29/18. Please mail and make your checks payable to: Pomfret Recreation Dept., 5 Haven Rd., Pomfret Center, CT 06259. Questions: 974-1423. Email: Barbara.Gagnon@pomfretct.gov

Name: \_\_\_\_\_ Email address: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Phone # \_\_\_\_\_ Emergency Phone # or Cell # \_\_\_\_\_

**Do you have any allergies or illnesses that we need to be aware of that may interfere with preparing or eating the food prepared in this class? Yes or NO If Yes, please explain** \_\_\_\_\_

\$10.00 paid on ck. # - \_\_\_\_\_ or paid in cash

Please note: There are certain risks involved with participating in any Pomfret Recreation activity or event and I am willingly to assume these risks for myself/my child. I hereby waive and release all other participants, the Town of Pomfret, Pomfret Senior Center, Class Instructors, any and all others involved from all claims and/or damage incurred with this program. Please be aware that by signing this form you are releasing the Town of Pomfret and its instructor, from any and all responsibility or liability for any injury or illness resulting from touching or consumption of any food or beverage. No refunds unless there is a wait list for the program.

Signature \_\_\_\_\_ Date: \_\_\_\_\_