

March 2008

Coco Charlotte Gluten Free Chronicles

Coco Charlotte Bakery/ 616 957-3706

Special Interest Articles:

- Gluten Free Dinners (menu on page 2)
- Bakery Workshop April 2008
- Local First Membership
- Gluten Free Summer Camp!

Gluten Free Dinners now available!

Hey all you busy people out there, this is for you!

Starting March 5th, Coco Charlotte Bakery will be preparing a delicious Gluten-Free **Dinner-to-go**, from scratch, every Wednesday.

The dinners come with an **organic mixed green salad** and Gluten-Free **bread-of-the-day** (See page 2 for dinner selections).

The fresh ingredients for each entrée are prepped; the entrees are assembled and then refrigerated, ready to be baked in your oven (you can also freeze them for use later). The Dinners come with complete baking directions, so all *you* have to do is:

- 1) Pre-heat the oven
- 2) Dress the salad
- 3) Set the table

....and *voila*, a Gluten Free dinner everyone can enjoy!

Small: serves 2
Large: serves 4-6

To Order: Call us at the bakery and let us know which Gluten Free Entrée you would like. (Orders *must be received by 5:00 p.m. Tuesday prior*)

Bakery Workshop: Gluten Free Baking 101

April 24, 2008 at Williams Kitchen & Bath

We will be having our Spring 2008 Bakery workshop titled **Gluten Free Baking 101**.

The workshop is the first in a series and will include bread baking demonstrations, gluten free product sampling, and a question & answer session.

Each attendant will receive a **Gluten Free Baking 101** packet of information including; Gluten Free ingredient information, recipes, tips, coupons and a gluten free product list.

Tickets are \$45 and can be purchased at the bakery. Space is limited.

Coco Charlotte Bakery

presents

Gluten Free Baking: 101

April 24, 2008

6:30-8:30 p.m.

William's Kitchen & Bath

3850 29th Street SE

(Just west of East Paris)

www.williamskitchen.com

More Upcoming Events

- | | |
|---------------------------------------|----------------|
| Gluten-Free Day at Forest Hills Foods | March 10, 2008 |
| Gluten-Free Fair at Kuyper College | May 17, 2008 |

New Member of Local First!

We are proud to announce our membership to Local First! Local First is an organization supporting local West Michigan Businesses.

For more information on how you can support Local Businesses, please visit www.localfirst.com



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*Gluten Free &
Proud to be!*

Gluten-Free Summer Camp!!!

We are excited to announce that YMCA Camp Manitou-Lin in Middleville, MI is offering a Gluten-Free Summer Camp for kids, ages 7-15.

The camp is organized by Michigan Capital Celiac/DH Group of Lansing. MCC/DH is working closely with YMCA camp to ensure the gluten free diet will be strictly followed. Coco Charlotte will also be donating muffins and cookies for the campers to enjoy!

The camp will be held **August 17-22, 2008**

Registration Information:

Register before May 17, 2008- \$419.00
Register after May 17, 2008- \$460.00
Last day to register is August 3, 2008
Deposit of \$75 is required to reserve space.

For more information please contact Nicole VanZwall (517) 886-5025 or e-mail to glutenfreekidscamp@yahoo.com

Registration Forms are also available at the bakery.

Gluten Free Dinners-to-go Menu

We're on the Web!

See us at:

www.coco-charlotte.com

Coco Charlotte
Bakery
2481 32nd Street
SE

March 5th

Gluten-Free Chicken Pot Pie
Organic Mixed Green Salad
Country Bread

April 9th

Chicken Tikka with Apricot Chutney
Cumin Potatoes
Cucumber, tomato & feta salad

March 12th

Irish Stew with root vegetables (DF)
Organic Mixed Green Salad
Irish Brown Bread

April 16th

Vegetable Lasagna (V)
Organic Romaine Salad
Italian Garlic Toast

March 19th

Baked Penne with Ricotta & Tomato Sauce (V)
Organic Mixed Green Salad
Italian Focaccia Bread

April 23rd

Sage & Wild Mushroom Stuffed Chicken Breast
Sun Dried Tomato Polenta
Organic baby green Salad with toasted walnuts & cranberries

March 26

Corn & Black bean enchiladas with Chile Verde (V)
Mexican chopped Salad with Avocado
Spanish rice with Cilantro

April 30th

Turkey Meatloaf with Sun-dried Tomatoes
Herb Roasted Red Skin Potatoes
Organic Mixed Green Salad

April 2nd
Pasta Prima Vera with Basil Pesto (V)
Organic Mixed Green Salad
Roasted Garlic Focaccia

Small \$24
Large \$35

A la carte options available