

## Suppers Meetings at Dor's House

This is the general schedule. All changes and RSVPS are handled through email:

[Dor@TheSuppersPrograms.org](mailto:Dor@TheSuppersPrograms.org)

Monday lunch general meeting weekly, 11:30 to prep, 12:30 to eat and meet.

Monday dinner monthly, Super Low Carb Suppers, 6 p.m.

Tuesday dinner monthly, Gluten Free Suppers, 6 p.m.

Wednesday Suppers for Stable Blood Sugar weekly, 11:30 to prep and 12:30 to eat and meet.

Wednesday Suppers for Stable Blood Sugar weekly, 6 p.m.

Thursday lunch raw vegan Living Suppers, 11:30 to prep, 12:30 to eat and meet.

Sunday 2 p.m. cook ahead monthly.

Email or call for details 609 921 0441.