

# March Café Events

Calendar of in store events including: classes, speakers, demonstrations, tours and entertainment. 3 Rivers Food Co-op 1612 Sherman Blvd. Fort Wayne

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 <b>🍳 Cooking Demo</b> 1:00 pm Couscous Mango Mousse— Desserts with Don	5 <b>Onsite massage for a fee:</b> Janelle Franks, CMT 12-2 pm <b>First Friday Readings</b> 7:30 pm Featuring Susan Howard & Tom Sabel	6 <b>Onsite massage for a fee:</b> Paul Castaneda, CMT 12-2 pm  <b>🎵 Eclipse</b> 7-9 pm The Scotts on acoustic guitar, keyboards, vocals on familiar tunes
7 <b>🎵 Sunday Café</b> 12-2 pm: <b>Boi Local</b> Emo singer-songwriter in the vein of Bright Eyes and Cat Power. boilocal.com	8 <b>🍳 Cooking Demo</b> 1:00 pm Boxy Irish Potato Griddle Cake: St. Patrick's Day Meal	9	10	11 <b>Store Tour</b> 4 pm	12 <b>Onsite massage for a fee:</b> Janelle Franks, CMT 12-2 pm <b>🎵 Joyce Fry &amp; Greg Clark</b> 7-9 pm Celebrate St. Patrick's Day with a bit of the Irish. Pennywhistle, hammered & walkabout dulcimer, acoustic guitar, vocals.	13 <b>Onsite massage for a fee:</b> Paul Castaneda, CMT 12-2 pm  <b>🎵 The Distractions</b> 7-9 pm Homegrown Americana with an Celtic flair, homegrown tunes
14 <b>🎵 Sunday Café</b> 12-2 pm: <b>Dan Smyth</b> Dan Smyth plays acoustic guitar and sings a wide variety of popular music--Tom Petty, Bob Marley, Conway Twitty, Merle Haggard, Weezer, Oasis, Steely Dan, Squeeze.	15	16	17	18	19 <b>Onsite massage for a fee:</b> Janelle Franks, CMT 12-2 pm <b>🎵 Rick Barton &amp; Henry Lantz</b> 7-9 pm Folk in the style of Stephen Sills and James Taylor. Native Flute too.	20 <b>Can't Eat It Club</b> 10 am & Allergy & Gluten Free Emphasis <b>🍳 Cooking Demo</b> 11 am Natural Dyes for Easter Eggs & Treats: Special Diet Cooking with Echo <b>Onsite massage for a fee:</b> Paul Castaneda, CMT 12-2 pm
21 <b>🎵 Sunday Café</b> 12-2 pm: <b>Cathy Serrano</b> Acoustic guitar, vocals	22	23 <b>🍳 Cooking Demo</b> 10 am Family Traditional Dishes for the Holiday	24	25 Last day to place a special order for sale items.	26 <b>Onsite massage for a fee:</b> Janelle Franks, CMT 12-2 pm <b>🎵 Dale Bender</b> 7-9 pm Americana, Folk. Some Originals. Guitar & vocals.	27 <b>Onsite massage for a fee:</b> Paul Castaneda, CMT 12-2 pm  <b>🎵 Marshall Howey &amp; Bob Shenfeld</b> 7-9 pm Acoustic progressive, Crosby, Stills, Nash & Young, originals
28 <b>🎵 Sunday Café</b> 12-2 pm: <b>Mark Linehan</b> Jazzy guitar	1	2	3	4	5 <b>Onsite massage for a fee:</b> Janelle Franks, CMT 12-2 pm <b>First Friday Readings</b> 7:30 pm Featuring Mary Ann Cain & Craig Nix	6 <b>Onsite massage for a fee:</b> Paul Castaneda, CMT 12-2 pm  <b>🎵 Gilbert &amp; Co.</b> 7-9 pm Toe tapping bluegrass with Cheri and the gang.



# Sandwich and Drink of the Month

## Corned Beef Sandwich

For the month of March, try our  
**Corned Beef  
Rueben!**

Rudi's Rye Bread,  
Boar's Head® Corned  
Beef, Swiss Cheese,  
Sauerkraut with  
Regular Reuben  
Sauce ...Grilled to  
perfection!!!

**\$6.89**

## Lucky Breve



Warm up with this mixture of Espresso,  
Steamed Half & Half, and Irish Cream topped  
with Cocoa Powder and Cinnamon!

12 oz \$3.95

16 oz \$4.55

**Eclipse**  
Friday, March 6, 7-9 pm  
One World Café



*We have been listening to your raves about your favorite Hot Bar dishes. Some of those favorites are now on a weekly rotation. Add a trip to the co-op to your calendar on the day your dish is featured!*

**\*New\***

**Hot Bar Entrées**  
same day each week

**Monday:**

Macaroni n' Cheese

**Tuesday:**

Herb Roasted Chicken  
WF, GF, DF

**Wednesday:**

40 Cloves and a chicken  
(Garlic) WF, GF, DF

**Thursday:**

Santa Fe Beans n' Rice  
WF, GF, DF, V

**Friday:**

Humble Casserole  
WF, GF

**Saturday:**

40 Cloves and a chicken  
(Garlic) WF, GF, DF

**Sunday:**

Three Cheese Frittata