

TRANSITIONAL SHELTER MEAL VOLUNTEERS FOR SUMMER 2011

Breakfast (7, 4 or 3 mornings for 15 people each day)

Juice and milk

Bread for toast, muffins or bagels

Butter & Jelly

Fruit (soft such as oranges, bananas)

Fresh eggs

Pre-cooked scrambled egg casserole (optional)

Frozen waffles (optional)

Microwavable bacon, sausage (optional)

Participants prepare their own breakfast so quick and easy is the guide. Variety for the week is also desirable.

Morning shift volunteers are able to reheat items if needed.

Lunch (7, 4 or 3 days for 15 people each day)

Bread for sandwiches

Mustard

Canned /bottled beverage (not water)

Lunchmeat (turkey, ham, cold cuts)

Cheese

Peanut butter & jelly

Chips

Fruit (soft)

Cookies

Participants prepare their own sack lunch. Variety for the week is also desirable. For example, 1 day lunchmeat and the next PBJ or just cheese.

Dinner (1 night for 15 people, extras for 2-3 PADS staff and volunteers appreciated but not required)

Salad & salad dressing (Doesn't have to be traditional lettuce salad)

Bread & butter

Entrée (ham, chicken, beef, fish, pasta) Could be grilled outside if a grill is provided.

Vegetable

Potato, rice

Dessert

Participants are suppose to help prepare dinner. They have limited preparation time so meals should be simple or easily explained. Examples: 1) hamburgers on the grill with baked french fries; 2) grilled/baked fish with steamed vegetables; 3) pre-baked chicken for ceasar salad; or 4) stuffed tomato with tuna salad. Prepare the simple things you cook during the summer. Ingredients for salads **may** be provided by the Farmer's Market vendors. We will let you know.

We hope to prepare a simple summer cookbook for participants so please include recipes and approximate food prices if possible.