

## MENUS

### BREAKFAST

Coffee and Sugar (served from carafe)  
Milk  
Cereal (individually poured or packaged)  
Sweet Bread  
1/2 apple or fruit/applesauce in a cup  
Hard-Boiled Eggs  
Yogurt (if available)  
Juice (if available)

All or some of these items may be served for breakfast. May offer guests the option of what they would prefer.

### LUNCH

Casserole of some type (heated in the roaster/microwave)  
Rice & Beans  
Soup  
Beans (mixed in a roaster with salsa)  
Tossed salad (if ingredients available)  
Tamales  
Sandwiches  
Tortilla or Bread of some type  
Lasagna-Costco type

We serve 2 to 3 items at a time, not all the items and all based on the availability of foods and volunteers.

### DINNER

Cold Chicken or Tuna Salad  
Cold Pasta Salad  
Cold Bean Salad  
Quinoa Salad  
Cold Noodle Salad with or without Chicken or Tuna  
Cold Coleslaw  
Tossed Green Salad  
Cold Rice Salad  
Celery and Carrot Sticks with Dip

Bag of Chips

Cheese Cubes w/Crackers

Deviled Eggs- if you want to get creative

Sliced Ham/Turkey/Bologna rolled up like little finger foods

Sandwiches

Sliced/cut-up fresh fruit

Due to the shortage of volunteers coming in to help with the Dinner Shift, the dinner menu may be prepackaged (i.e. cups of salad already served up) or the salads may already be made and they just need to be plated. Again we serve 2 or 3 of the listed items based on availability and volunteers.

Cold Bean or Canned Vegetable Salad

Amount of ingredients will vary according to the number of guests!

List of ingredients may vary based on your preference.

Also based on the availability of ingredients on any given day!

Ingredients can be any of these in any combination

Canned Green Beans-drained

Canned Peas-drained

Canned Carrots and Peas-drained

Canned Black Beans-drained

Canned Garbanzo Beans-drained

Canned Pinto Beans-drained

Canned Black Eyed Peas-drained

Canned Cannellini Beans-drained

Canned Beets-drained

Additional Ingredients (based on your taste one or all may be used)

Chopped pickles sweet or dill

Onions chopped or green onions (whichever we have in stock)

Chopped olives

Celery

Tomatoes diced (fresh)

Vinegar

Oil

Spices of any kind (some ideas: cumin, oregano, garlic powder, thyme, basil, rosemary)

Salt  
Pepper

Cups (4 or 6 oz) should be filled to the top, not a mound ~ but to the rim

Cold Pasta Salad

Amount of ingredients will vary according to the number of guests!

List of ingredients may vary based on your preference.

Essential ingredients are:

Cooked pasta preferably macaroni or shell or penne shaped.

Mayonnaise

Mustard - just a hint!

Additional Ingredients (based on your taste one or all may be used)

Chopped pickles sweet or dill

Onions chopped or green onions (whichever we have in stock)

Chopped fresh bell pepper of any colors (based on what we have in stock)

Chopped olives

Canned peas - DRAINED

Canned peas and carrots - DRAINED

Canned Green Beans - DRAINED

A dash of spice is nice either curry, garlic powder, cumin, oregano, Spike, Dash,

Salt and Pepper to taste

At the last moment before cupping you could add some chopped hard-boiled eggs

Ratio of canned vegetables to Cold Pasta should be 3 to 1 (less veggie more protein), it is just to give it color and nutrition!

Cups (4 or 6 oz) should be filled to the top not a mound ~ but to the rim.

Cold Tuna or Chicken Salad Recipe

Amount of ingredients will vary according to the number of guests!

List of ingredients may vary based on your preference.

Essential ingredients are:

Canned Tuna or Chicken DRAINED

Mayonnaise

Mustard - just a hint!

Additional Ingredients (based on your taste one or all may be used)

Chopped pickles sweet or dill

Onions chopped or green onions (whichever we have in stock)

Chopped olives

Canned peas - DRAINED

Canned peas and carrots - DRAINED

Canned Green Beans - DRAINED

Ratio of canned vegetables to Tuna or Chicken should be 3 to 1 (less veggie more protein), it is just to give it color and nutrition!

Cups (4 or 6 oz) should be filled to the top not a mound ~ but to the rim.

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