



## 2008 MEAL GUIDELINES

### MUST Loaves and Fishes Community Kitchen

Meal	Serving Time	Volunteer Arrival Time	Number Guest to be Served
BREAKFAST	6:30 am	5:30am– 5:45 am	35 - 40 guests, plus seconds*
LUNCH - Weekday	12:00 pm	10am – 11am	100-125 guests, plus seconds*
LUNCH - Weekend	12:00 pm	10am – 11am	35 guests, plus seconds*
DINNER	7:00pm	6:00pm	50-60 guests, plus seconds*

*\*Second helpings, if available, are served after the kitchen staff makes announcements*

- Please call us if you are running late! Unless we've heard from you, our staff will begin preparing a meal 45 minutes before serving time. The phone number to the kitchen is 770-427-9862 X 1130.
- We do provide eating utensils and condiments!
- Suggested drinks include iced tea and lemonade.
- As you plan your menu for weekday lunches, please know that for many of those you serve, this is their only meal for the day (Lasagna, Spaghetti and Hotdogs are the most common meals provided).
- Our guests are not permitted to take food out of the kitchen.
- Typically, the recommended number of 100-125 servings will provide for all of the following: guests (95% of the food), plus our volunteers and community service workers who are on duty at the lunch hour, as well as those staffers who aren't able to leave campus for lunch.

### Have Questions?

For more details on serving meals: Kitchen staff (770) 427-9862 X1130  
For information about the date or meals to provide: Volunteer Office (678) 218-4488