



MONDAY NIGHT COMMUNITY MEAL:

Thank you for considering preparing a Monday night community meal for Project SOUP! Your generosity helps provide a warm, nourishing dinner for members of our community each week.

What We Need

Each Monday, we serve approximately **50 people**, so we ask that your meal provide **about 50 servings**. The meal does **not** need to be individually packaged - we can handle serving or packaging as needed.

Meals should be hearty, well-balanced, and easy to serve. You're welcome to prepare whatever you enjoy cooking! Some example menus include:

- Roasted chicken, baked potatoes, steamed broccoli, and rolls
- Baked ziti, salad, and garlic bread
- Beef or turkey chili with cornbread
- Pasta with meatballs, vegetables, and bread

These are only suggestions - feel free to be creative.

Serving Location

Meals are served at **4:30 p.m.** at: **Somerville Community Baptist Church**, 31 College Avenue Somerville, MA. You're welcome to prepare the meal in the church kitchen beginning at **12:00 p.m.** A Project SOUP staff member who is a Certified Food Safety Manager will be on site, and we'll provide food safety guidelines in advance.

Alternatively, you may either prepare the meal off site, or have it catered, instead of cooking onsite. A **4:00 p.m. drop-off** is ideal, and if needed, we may be able to assist with picking up the meal.

Questions or Sign Up

If you have questions or would like to volunteer to prepare a meal, please contact **Joyla** at jtenryk@shcinc.org.