



*Arise! Shine! Jesus is coming!*

**Meal Tickets - \$18/Meal**

**Pre-purchase online: <https://mtos.azurewebsites.net>**

### **Thursday, July 2, 2015 Luncheon**

Pitchers of Water at Each Table

Garden Fresh Salad with Grape Tomatoes & Cucumbers (Dressing: Extra Virgin Olive Oil & Fresh Lemon Juice)

Whole Grain Bread & White Bread Selections

Long Grain Rice Blend & White Long Grain Rice Garnished with Fresh Parsley

Black Beans Cooked with Onions

Vegetarian Lasagna

Fresh Whole Fruit (Bananas / Apples / Seasonal Whole Fruit)

Assorted Fruit Pies (Vegetarian Crust, One Per Guest)

### **Friday, July 3, 2015 Luncheon**

Pitchers of Water at Each Table

Romaine Ribbons with Fresh Strawberries & Almonds (Dressing: Extra Virgin Olive Oil & Fresh Lemon Juice)

Whole Grain Bread & White Bread Options

Long Grain Mixed with Brown Rice, White Rice

Steamed Red Potatoes Garnished with Fresh Parsley

Ratatouille Vegetable Entrée

Fresh Whole Fruit (Bananas / Apples / Seasonal Whole Fruit)

Greek Yogurt or Assorted Real Fruit Yogurts

### **Friday, July 3, 2015 Supper**

Pitchers of Water at Each Table

Fresh Seasonal Fruit Salad

Roasted Low Salt Nuts

Multi Grain Sliced Bread/Rolls, Flat Breads & Pita

Humus

Lentil Rice Dish with Fresh Diced Carrots

Fresh Whole Fruit (Whole Bananas)

Assorted Cookies

## Saturday, July 4, 2015 Sabbath Luncheon

Pitchers of Water at Each Table

Fresh Garden Salad with Slivered Carrots (Dressing: Extra Virgin Olive Oil & Fresh Lemon Juice or Fresh Lime Juice)

Multi Grain Sliced Bread & Soft White Dinner Rolls

Roasted Potatoes Garnished with Fresh Parsley

Special K Loaf

Baby Squash Medley

White Jasmine Rice

Fresh Whole Fruit (Bananas / Apples / Seasonal Whole Fruit / Oranges)

Homemade Cookies

## Saturday, July 4, 2015 Supper

Pitchers of Water at Each Table

Roasted Corn Salad with Roasted Peppers / Diced Onions / Cilantro / Lime (Dressing: Extra Virgin Olive Oil & Fresh Lemon Juice or Fresh Lime Juice)

Multi Grain Ciabatta Or White Kaiser Rolls

Black Bean Fiesta Burgers & Vegetarian Garden Burgers, Fresh Tomato Slices, Leaf Lettuce

Steak Fries

Fresh Garden Vegetable Stew

White Jasmine Rice

Fresh Whole Fruit (Bananas & Watermelon Wedges)

Apple Turnover (One Per Guest)

## Sunday, July 5, 2015 Luncheon

Pitchers of Water at Each Table

Romaine & Baby Spinach Mix / Black Olives & Diced Cucumbers, Baby Carrots & Fresh Celery Sticks (Dressing: Extra Virgin Olive Oil & Fresh Lemon Juice or Fresh Lime Juice)

Whole Grain Flat Bread & White Bread Options

Penne Pasta / with Slivered Garden Vegetables

Long Grain White Rice

Texas White Bean Vegetarian Stew

Fresh Whole Fruit (Bananas / Apples / Seasonal Whole Fruit)

Assorted Cookies

## Monday, July 6, 2015 Luncheon

Pitchers of Water at Each Table

Black Bean / Roasted Red Peppers / Sweet Cut Corn / Lime (Dressing: Extra Virgin Olive Oil & Fresh Lemon Juice or Fresh Lime Juice)

Whole Grain or White Dinner Rolls

Cilantro Long Grain Rice

Baked Polenta Casserole

Roasted Tomato Medley with Sauce

Steamed Baby Green Beans

Fresh Whole Fruit (Bananas / Apples / Seasonal Whole Fruit)

Fresh Fruit Assorted Ice Pop (One Per Guest)

## Tuesday, July 7, 2015 Luncheon

Pitchers of Water at Each Table

Shaved Fresh Cabbage Salad / Fresh Cilantro & Lime Juice (Dressing: Extra Virgin Olive Oil & Fresh Lemon Juice or Fresh Lime Juice)

Whole Grain Pita or Flat Bread

Indian Vegetable Curry / Fresh Cauliflower / Okra / Baby Sweet Peas

Long Grain Basmati Rice

Red Bean Stew

Steamed Red Potatoes Roasted with Rosemary & Olive Oil & Garlic

Fresh Whole Fruit (Watermelon Wedges / Bananas)

Plain Greek Yogurt & Assorted Regular Fruit Yogurts

## Wednesday, July 8, 2015 Luncheon

Pitchers of Water at Each Table

Quinoa Salad with Small Diced Tomatoes / Edamame & Red Diced Onions (Dressing: Extra Virgin Olive Oil & Fresh Lemon Juice or Fresh Lime Juice)

Whole Grain or White Dinner Rolls

Baked Whole Potato Bar (Butter Pats or Whipped Spread on the Side)

Fresh Broccoli florets Garnished with Carrots Julienne

Lentil Dish with Fresh Okra / Fresh Diced Carrots

White Long Grain Rice Options

Thick Corn Grits

Fresh Whole Fruit (Bananas / Apples / Seasonal Whole Fruit)

Chocolate Chip Cookie

## Thursday, July 9, 2015 Luncheon

Pitchers of Water at Each Table

Chopped Romaine Lettuce with Mandarin Orange Slices (Dressing: Extra Virgin Olive Oil & Fresh Lemon Juice or Fresh Lime Juice)

Multi Grain Sliced Bread & White Bread

Jasmine Rice

General Tso's Vegan Apricot Chicken or Similar Oriental Entrée

Stir Fried Fresh Vegetables with Fresh Garlic & Mild Seasoning

Fresh Sweet Potatoes Baked or Fresh Yams Baked (Butter Pats or Whipped Spread Available)

Fresh Whole Fruit (Bananas / Apples / Seasonal Whole Fruit / Oranges)

Assorted Fresh Fruit Ice (One Per Guest)

## Friday, July 10, 2015 Luncheon

Pitchers of Water at Each Table

Cucumber / Fava Bean and Grape Tomato Salad

Whole Grain or White Pita Bread

Humus in Individual Containers

Steamed Couscous Drizzled with Extra Virgin Olive Oil

Sautéed Summer Squash Medley With Cabbage & Red Onion Slivers

Small Roasted Potatoes in Olive Oil / Garlic & Paprika

White Long Grain Rice

Fresh Whole Fruit (Bananas / Apples / Seasonal Whole Fruit / Oranges)

Greek Yogurt & Assorted Fruit Yogurts (One per guest)

## Friday, July 10, 2015 Supper

Pitchers of Water at Each Table

Roasted Corn Salad with Roasted Peppers / Diced Onions / Cilantro / Lime (Dressing: Extra Virgin Olive Oil & Fresh Lemon Juice or Fresh Lime Juice)

Multi Grain Ciabatta Or White Kaiser Rolls

Black Bean Fiesta Burgers & Vegetarian Garden Burgers, Fresh Tomato Slices, Leaf Lettuce, Condiments

Fried Sweet Potatoes or French Fries

Fresh Garden Vegetable Stew

White Jasmine Rice

Fresh Whole Fruit (Bananas / Apples / Seasonal Whole Fruit)

Key Lime Pie (One Dessert Per Guest)

## Saturday, July 11, 2015 Sabbath Lunch

Pitchers of Water at Each Table

Hay Stacks (Fritos Corn Chips, Red Beans, Shredded Lettuce, Diced Tomatoes, Diced Onions, Diced Black Olives, Shredded Cheddar Cheese, Sour Cream, Tomato Salsa)

White Long Grain Rice & Yellow Rice

Black Bean Soup

Baked Sweet Plantains

## Saturday, July 11, 2015 Supper

Pitchers of Water at Each Table

Greek Salad (Roma Tomato Wedges / Cucumbers / Red Onion / Kalamata Olive / Crumbled Feta Cheese on the Side / Dressing: Extra Virgin Olive Oil & Fresh Lemon Juice)

Whole Wheat Pita Bread & White Pita

Humus in Individual Container

Couscous Steamed & Drizzled with Extra Virgin Olive Oil

White Jasmine Long Grain Rice

Garbanzo Stew cooked with Fresh Cauliflower / Zucchini

Roasted Small Potatoes

Fresh Whole Fruit (Bananas)

Lemon Bar