

# Emmaus Menu

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Leave a GALLON each of UNSWEET & SWEET TEA, LEMONADE and WATER on the white counter after lunch and supper.

	Breakfast	Lunch	Dinner
Thursday			Chicken Alfredo Garlic Breadstick Fudge Bar  Tea / Lemonade / Water
Friday	Sausage Biscuit Cheddar Grits Applesauce Banana  Milk / Juice / Water	Taco Salad Fudge Bar  Tea / Lemonade / Water	Hamburgers Tater Tots Banana Pudding  Tea / Lemonade / Water
Saturday	Sausage Casserole Cinnamon Roll Fruit Medley Banana  Milk / Juice / Water	Pot Roast Mashed Potatoes Green Beans Rolls New York Cheesecake  Tea / Lemonade / Water	Baked Potato Bar Hope Cookies  Tea / Lemonade / Water
Sunday	Bacon Cheddar Grits Cinnamon French Toast Fruit Medley Applesauce  Milk / Juice / Water	BBQ Sandwich Baked Beans Coleslaw Left-over Desserts  Tea / Lemonade / Water	

Saturday Lunch is a special meal for Emmaus.  
 Saturday Supper is a special meal for Chrystalis.