

Not by might,  
not by power,  
but by my sprit saith  
the Lord of hosts.  
Zechariah 4:6

DESKAN INSTITUTE\_TRAINING\_  
LUNCH MENU  
FOR ATLANTA UNION MISSION - 2013  
MY SISTERS' HOUSE

LUNCH SERVED  
EVERY FIRST  
SATURDAY  
OF THE MONTH

MONTH	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
LUNCH	CHICKEN NUGGETTS BAKED BEANS CHIPS CORN NIBBLETTS JUICE ICE CREAM CAKES/SOFT DRINKS	FRIED FISH-TILAPIA MACARONI SALAD POTATOE SALAD ROLL CAKES JUICE BACK TO SCHOOL BAGS	HAMBURGER/HOT DOGS FRENCH FRIES/CHIPS TOSSED SALAD MIXED VEGETABLES CAKES PIE JUICE SOFT DRONKS	CURRY CHICKEN/CORN DOGS RICE & PEAS MIXED VEGs/Cabbage TREAT BAGS PIE/CAKES/Candy TEA/Soft Drinks JUICE	<b>BROWN STEW CHICKEN</b> <b>FRIED CHICKEN</b> <b>MIXED VEGETABLES</b> <b>CORN BREAD</b> <b>PIE/CAKES/Candy</b> <b>TEA/Soft Drinks</b> <b>JUICE/Milk</b>	JERK TURKEY/ROAST CHICKEN RICE/BLACK EYE PEAS TOSSED SALAD/CABBAGE VEGETABLES SALAD/CAKES JUICE/MILK TEA/Soft Drinks/Candy GIFTS FROM GOD
LUNCH	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
	STEW CHICKEN YELLOW RICE MIXED VEGGIES ROLLS PIE / CAKE JUICE / MILK TEA/Soft Drinks	SPAGHETTI/MEAT BALLS TOSSED SALAD MIXED VEGGIES ROLLS/GARLIC TOAST CAKES/TEA/SOFT DRINKS JUICE / MILK VALENTINE BAGS	MEAT BALLS/MEAT LOAF MASHED POTATOES MIXED VEGETABLES ROLLS PIE / CAKE JUICE / MILK TEA/Soft Drinks	BBQ CHICKEN/JERK CHICKEN YELLOW RICE CABBAGE / VEGGIES CORN BREAD PIE / CAKE / ICE CREAM JUICE / MILK/TEA/SOFT DRINKS EASTER BAGS	HOT WINGS /FRIED FRENCH FRIES MACARONI & CHEESE VEGETABLES JUICE / MILK TEA/Soft Drinks	CHICKEN FETTUCINE MIXED VEGETABLES TOSSED SALAD GARLIC TOAST PIE/CAKES JUICE / MILK TEA/Soft Drinks

