



## **Prepare & Share a Meal Suggestions**

*Meals should contain a protein, grain or starch, and vegetable*

- Baked Chicken/Cabbage/Brown Rice/Melon Chunks
- Baked Fish/Baked Potatoes/Green Beans
- Baked Ribs/Rice & Beans /Collard Greens/Corn Bread
- BBQ Chicken/Cabbage/Baked Sweet Potatoes/Salad
- Cheese and Meat Pizza/Salad or a Vegetable
- Chicken or Beef Stir Fry with Vegetables/Brown Rice/Salad
- Chicken Parmesan/Pasta/Glazed Carrots/Salad
- Chili/Rice or Pasta/Nachos or Corn Bread/Fruit Salad
- Grilled Chicken/ Potato Salad/ Sautéed Spinach
- Grilled Chicken/Mixed Salad/Potatoes/Rolls
- Ham/Sweet Potatoes/Whole Grain Roll
- Hamburgers/Lettuce & Tomato/Corn on the Cobb/Whole Grain Buns/Fruit
- Pork Chops/Roasted Red Skin Potatoes/Salad
- Pot Roast/Mixed Vegetables/Rice Pilaf
- Pulled Pork Sandwiches with Whole Grain Buns/Green Beans/Mac and Cheese
- Roast Turkey & Gravy/Diced Potatoes/Baby Carrots/Cucumber Salad
- Sausage Jambalaya/Cornbread/Vegetable
- Stewed Chicken & Red Skin Potatoes/Broccoli & Baby Carrots
- Swedish Meatballs/Brown Rice/Mixed Vegetables/Salad
- Taco Salad or Burrito Bowls with Ground Beef or Turkey
- Vegetable Beef Soup/Salad/Baked Potatoes
- Vegetable Lasagna/Salad/Whole Grain Rolls

**If you have any further questions, please contact:**

**Volunteer Specialist**

**404-589-0163**

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