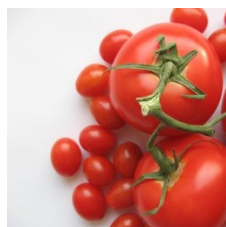
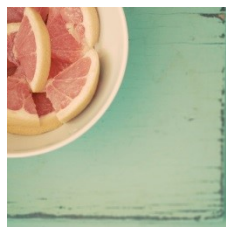


Are you available to help out with making meals for our priests at St. Raymond's and St. Mary's parishes? We are looking for people to provide noon meals on Thursdays for the months of July through December 2017.

Please contact St. Mary's Parish Office at 715-855-1294 ext. 100 and request to be added to the schedule. Please let us know if you have any questions.

# Menu



## Thursday Noon Meals

(for Fr. Sakowski & Fr. Thelen)  
St. Mary's Rectory  
1728 Lynn Avenue, Altoona

### Protein/Meat (8-10 oz. portions)

Chicken, Fish, Pork, Salmon, Venison, steaks, roasts, tenderloins, etc.

*(No problem if there are leftovers)*

### Vegetables (sizeable portions)

Fresh or Steamed Vegetables.

*(No problem if there are leftovers)*

### Salad (Optional)

Fresh vegetables or fruits.

*(Preferably no leftovers – we have plenty)*

### Starches (small portions please)

Some rice, some pasta, a potato, a piece of bread, etc.

*(Small portion size and no leftovers please)*

### No Desserts Please

*(Fresh fruit is fine)*

- ◆ **If you need** to use the kitchen or grill at the rectory, please make arrangements with Sharon, but the priests need 90 minutes of privacy for their weekly mentoring conversation (from 12-1:30)
- ◆ **Be careful** about using dishes that you want returned to you. We can never promise 100% that we will get all dishes back to the right people at both parishes.
- ◆ **The parishes** will happily pay the cost of the food if you submit receipts.