

CREATING THE MENU

DRINK:

Suggestions: iced tea, fruit juice, sparkling cider

APPETIZER:

Suggestions: chicken wings, vegetable soup, cheese plate, vegetables

MAIN DISH:

Suggestions: pasta, roasted chicken, fish, casserole

SIDE DISHES (CHOOSE 2):

Suggestions: spinach, mustard or collard greens, rice with beans, potatoes, yams, grilled vegetables

DESSERT:

Suggestions: pie, fruit salad, coconut cake, chocolate

