

Dear friend of CrossRoads,

Did you know this year we will sit down to share a meal with our retreatants at the Jim Butler Center over *one-hundred and twenty times*? With over nine-hundred mouths to feed, our kitchen and dining room sure see a lot of use. Any help we can get providing these meals goes a long way, and that is where you can come in to save the day! By volunteering to prepare a meal you are contributing to a critical aspect of our retreat program and our identity – radical hospitality – as well as saving staff time and other resources for other parts of our work. We can't thank you enough for that important gift.

Below are some details that describe meals at CrossRoads generally, as well as some examples of meals frequently on the menu that may inform/inspire you:

- All of the meals we prepare and serve at CrossRoads are vegetarian, in keeping with our commitment to the environment, simplicity, and solidarity.
- A typical retreat group during the school year consists of 20-24 high school youth between the ages of 15 and 17, plus two adult chaperones and two CrossRoads staff.
- Meal times vary by retreat, but Dinner is typically at 7:00 pm, and Breakfast is usually around 8:00 am.
- Retreats vary by number of attendees, by gender, and by age. We will always give you info specific to the group you'll be feeding so you can better plan portion sizes (24 sophomores from St. X will almost certainly eat more than 20 juniors from Presentation, for example).

Dinner's greatest hits:

- Baked pasta with salad\*, bread, and dessert.
- Taco bar with rice and beans, grilled veggies, vegetarian chorizo, and all the fixin's

Breakfast – the hits keep comin':

- Pancakes with fruit, yogurt, and cereal\*
- Breakfast casserole with bagels and fruit.

\* we always keep cereal on hand at CrossRoads, so no need to bring your own if you don't want to! For dinner we usually have plenty of salad dressing and other condiments in the fridge already as well.

Someone dropping off a meal, ready to eat, is one of the most welcome sights after a long time on retreat! However, we recognize that isn't always easy – if your dish needs time to warm up that's okay too. And if you were so inclined, you could just take over our kitchen and work your magic on site, perhaps even showing off some of your culinary skill (if that's your thing). Whatever works for you!

Please also know that you are always welcome to stay and join us for the meal as well. We'd be happy to have you. And thank you so much again!

With peace and gratitude,

The CrossRoads Ministry Team