



Process for Soup Kitchen Lunch

What to expect:

- Lunch typically consists of soup, a hot dish (examples: spaghetti, shepherd's pie, chili, ham and potatoes etc), coffee, tea and dessert
- Please provide ingredients for soup, meal, coffee, tea and dessert.

Examples of quantities needed for the meal:

Soup: 8-10 large carrots, 2 bunches of celery, 1 head of cabbage, 1 large can of tomatoes (2.84 L), 3 large onions

Spaghetti: 6-7 bags of noodles (900g bags), 4 large cans of sauce (2.84 L), 1 large can diced tomatoes (2.84 L), 30 pounds of ground beef, 12 loaves of garlic bread

Shepherd's Pie: 30 pounds of potatoes, 30 pounds of ground beef, 2 large cans of cream corn, 3 bags of niblet corn, 2 large onions

- Enough food should be prepared to feed 130-140 people.
- Preparation and cooking begins between 8:30-9:00am
- Lunch is served to clients from 12:00-1:45pm
- Lunch must be ready by 11:30am. Volunteers/Staff eat between 11:30-12:00 in order to be ready to serve lunch to our clients.

What we need to do:

- Approximately 5 people are required to perform all of the preparing and serving functions during lunch. At least 2 staff/volunteers will be on-hand to assist.
- Tasks include: cutting/preparing vegetables, cooking/preparing the entire meal, placing food in steam table, serving food by putting onto trays for clients, bringing dishes into the kitchen, washing dishes and running dishwasher, cleaning tables and floors after lunch is complete
- Please ensure everyone working in the kitchen and serving wear a hairnet at all times (these are provided). Gloves are also available for use when necessary
- Hand washing often is required by the Health Unit. The designated sink is to the far left of the stove
- Dress code: close-toed shoes for safety reasons, sleeves should not hang or be too loose, shorts/skirts should be no shorter than 3 inches above the knee, shoulder straps on shirts must be at least 2 fingers wide. Aprons are also provided

Thank you for your wonderful contribution to the Agapè Centre.

It is greatly appreciated!!!