



Instructions for Dinner Volunteers

Thank you for your support and commitment to our summer program. Below are helpful instructions and meal ideas. Please contact PT Staff at 501-650-0565 or visit the PT website to schedule dates.

- Dinner is served buffet style at 6:00 pm at White Hall United Methodist Church. Please plan to arrive early for set up. Interns will be there to greet you and help receive meals.
- Please prepare *dinner* for 10, unless otherwise specified, plus the number of volunteers you are bringing.
- ***Ice, plates, cups and cutlery are provided. Lemonade and punch are provided, but additional drinks are always welcome.***
- Since there is limited access to the stove, please bring the meal prepared and ready to serve. You will be able to refrigerate food in the kitchen and heat things that need to remain warm.
- Volunteers are invited and encouraged to eat with the interns and learn about their experiences in Project Transformation.
- **Some of the interns have dietary restrictions. It is not necessary to plan a separate meal to accommodate those interns, but an option for them to enjoy would be appreciated. Our staff will warn you of any dietary restrictions or food allergies in advance of your arrival.**
- Sam's formula for feeding young adults: 1 serving of your main dish: 2 servings carbs: 1/2 serving vegetables. For example: 1 pan of fried chicken would need 2 pans of carbs (mashed potatoes and rolls) and 1/2 a pan of cole slaw.

Intern Favorites

- Fruit and Veggies trays, Romaine or spinach salads
- Hamburgers and hot dogs
- Lasagna, bread, salad
- Taco salad
- "Build your own" (baked potato bar, nacho bar, sandwich bar)
- Salad night (pasta, tuna, chicken, spinach etc.)
- Fried Chicken, potato salad, baked beans
- Enchiladas, Mexican rice, beans, fruit
- Pasta night - different combinations of pastas, sauces, and meat)
- Stir-fry night with rice and egg rolls
- BBQ chicken, potato salad, watermelon
- Breakfast for dinner

If you would prefer to purchase from a local restaurant, there are a number of local options available.

Wing Stop: (870) 534-9464

Moe's: (870) 395-7146

Subway: (870) 535-4782

Popeyes: (870) 247-7490

Domino's Pizza: (870) 850-6700

Chick-Fil-A: (870) 619-1630

Larry's Pizza: (870) 247-1300

GK Restaurant: (870) 872-2924

China Garden: (870) 247-4977

Woodshed BBQ: (870) 247-7424

Schlotzsky's: (870) 345-9850

El Parian: (870) 247-266

PT Arkansas

900 University Dr | Pine Bluff, AR 71601

501-650-0565 | ptarkansas.org