

MEMORIAL DAY MEAL IDEAS

This Free E-Book is brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

MEMORIAL DAY MEAL IDEAS

By Arleen M. Kaptur

MEMORIAL DAY MEAL IDEAS by Arleen M. Kaptur

Memorial Day marks the beginning of the vacation season and the end of the school year for many youngsters. On this day of new beginnings, American Flags, Uncle Sam images, and other patriotic symbols decorate our homes and grace our table. Also Spring flowers add delight and beauty to our surroundings. Indeed, it is a wonderful time of year. Not to mention those great Memorial Day picnics and barbecue meals.

Possibilities abound for the food that you can serve: Fried chicken, deviled eggs, cheese and fruit platters, pink lemonade, ice cream and pies.

Menus are fun to plan and always have the end result of great eating and a fun time for all. So get those picnic baskets out, clean out the grill, and get ready for the official start of summertime fun.

VERY SPECIAL POOR BOYS –

2 tbs. butter

4 hot dogs, cut into 1/2" slices

1 onion, chopped

1 green or red bell pepper, chopped

1 tbs. flour

1 loaf of French bread, cut in half lengthwise

1 tsp. seasoned salt

MEMORIAL DAY MEAL IDEAS

2–1/2 cups washed and drained sauerkraut

1–1/2 cups grated American cheese, cheddar, or pepperjack cheese or a combination of both

Melt the butter in a pan. Add the hot dogs, onions, and green pepper. Over medium heat, cook for about 10–12 mins. stirring occasionally. Add the flour and seasoned salt to the pan. Lower the heat to low and stir until everything is well blended. Continue stirring until mixture thickens. Add the sauerkraut and cheese to pan. Continue stirring over low heat until the cheese melts. Wrap foil around the French bread, leaving the top open. Remove the top half and spoon your mixture onto the bottom portion of the French Bread. Bake in oven (350) for 20–25 mins. Remove and place top half of bread over mixture. Cut into serving pieces and serve.

PICNIC THREE-BEAN SALAD

3/4 cup sugar

2/3 cup vinegar

1/3 cup salad oil

salt and pepper to taste

1 onion, chopped

1 red/green bell pepper, chopped

1–15–1/2 oz. can EACH wax beans, green beans, and dark kidney beans

Drain beans and rinse under cold water. Set aside. Combine the sugar, vinegar, oil and salt and pepper. Stir until combined. Add the onion, bell pepper, and stir once again. Add the drained beans and with a spoon, being careful not to break the beans, stir until blended. Refrigerate overnight. Place in a glass bowl to show off the colors of this welcome salad treat and serve.

AMAZING FRUIT SALAD

1 pint fresh blueberries

1 pint fresh hulled strawberries or raspberries

MEMORIAL DAY MEAL IDEAS

2–1/2 cups fresh pineapple chunks

2 cups seeded watermelon chunks

2 bananas, sliced 1/2"

2 tbs. lemon juice

2 kiwifruit, peeled and sliced

1 small can mandarin oranges, drained

2 pkgs. (3 ozs. each) cream cheese, at room temperature

1/3 cup confectioners' sugar

1–1/2 tsp. fresh lime juice

1 cup whipping cream, whipped

1/4 tsp. grated lime peel

Toss bananas and lemon juice to keep from browning. Place in a glass bowl. In a layering effect, place the pineapple, blueberries, one half of the strawberries, oranges, kiwifruit, watermelon, and the remaining strawberries/or raspberries.

In a bowl, with a mixer, beat the cream cheese until smooth. Add the sugar slowly and continue beating. Add lime juice and incorporate, then the lime peel. Lower speed, and add one–half of the whipped cream. Mix until blended. Lower speed again, and add the remaining whipped cream. Pour dressing over fruit allowing it to drizzle inside the bowl.

Chill for at least 1 hr.(br>

If you decide to grill hamburgers and assorted sausages serve your condiments in hollowed out red and white bell peppers. Serve sugar cookies that have been cut into star shapes and sprinkly with red/white/blue sugar. You have a meal that everyone will truly enjoy.

If your family is geared toward seafood, try grilling swordfish steaks. Grill vegetable packets of eggplant, zucchini, and red bell peppers alongside the swordfish. Serve fresh blueberries and strawberries that are sprinkled lighted with sugar for dessert.

MEMORIAL DAY MEAL IDEAS

For added treats, serve cherry tomatoes instead of tomato slices, cucumber sticks, and assorted melon balls. Your favorite potato salad recipes adds to your meal, as well as a pretty plate of deviled eggs. Brownies, vanilla ice cream with strawberry sauce, or even wedges of a moist chocolate layer cake will end your meal in a grand way.

Enjoy the Memorial Day Holiday and have fun with family and friends. Enjoy!

Oh, by the way, when did you say dinner is being served?

©Arleen M. Kaptur 2002 May

Arleen Kaptur has written numerous articles, e-books, and the novel: **SEARCHING FOR AUSTIN JAMES** Websites: <http://www.arleenssite.com> <http://www.Arleens-RusticLiving.com>
<http://www.rusticliving.info>
<http://www.webspawner.com/users/rusticlivinghttp://www.topica.com/com/lists/simpleliving>

WARD MEMORIAL CHURCH

By Irvin L. Rozier

WARD MEMORIAL CHURCH by Irvin L. Rozier

A small white church sits at the edge of town
Some people said why don't you tear it down
After all, the congregation is only three or four
You might as well close the church door

These few saints, faithful to the Lord
Kept the door open though they could barely afford
To pay the preacher, the utilities and the rest
They gave from their hearts their very best

To the Lord in heaven they knelt in prayer
And committed Ward Memorial church to His care
He saw their faithfulness and began to bless
And increased the congregation, I do confess

Brother Joe became their preacherman
He was widely known as a Jesus fan
The church grew and grew and grew
The Lord added daily, sometimes one sometimes two

MEMORIAL DAY MEAL IDEAS

Faith and commitment to Christ the King
Makes the heavens rejoice and the angels sing
Ward Memorial is spreading the Good News
And the Lord is rapidly filling the pews

This poem is a tribute to those faithful few
And to the Lord who makes all things new
May Ward Memorial continue to be a light
And draw others to Jesus who makes things right.

Copyright 2005 Irvin L. Rozier

author, preacher, retired military



This Free E-Book has been brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

MEMORIAL DAY MEAL IDEAS

