

Connect on Wednesdays

Myers Memorial

Connecting Body, Mind & Soul

301 S. New Hope Road Gastonia, NC 28054 ~ Christian Fellowship Center (CFC) entrance behind Bank of America

Lunch

pay as you can

11:30a to 1p

Dine In + Take Out + Drive Thru

**Text @MCL301 to 81010 for Menus
sent each Monday and to RSVP**

**Opportunity for Communion and
Prayer at 12:15p each week**

Winter Menus

*all meals include salad bar &
dessert*

January 8: Spaghetti w/
Garlic Bread

January 15: Chicken &
Dumplings w/green
beans

January 22: Chili &
Baked Potato Bar

January 29: Meatloaf
w/Mashed Potatoes
& Peas

February 5: Grilled
Cheese & Soup
(Tomato, Potato,
Broccoli & Cheese)

February 12: Baked
Chicken w/Macaroni
& Cheese and
Broccoli

February 19: Lasagna
w/Garlic Bread

February 26: Pot Roast
w/Carrots &
Potatoes