



Friday Dinner at the Post July 17

Friends,

The current scare of being infected with cryptosporidium has me making a meal without any fresh veggies. No salad until the authorities figure out the cause. What does kill it is heat. Cooking veggies kills the parasite. I will wash the watermelon before slicing. The veggies will be steamed. Chicken roasted and rice boiled.

See menu below. Dinner served 5 to 7 pm, \$15 with take-out available.

Bourbon chicken bowl with veggies over rice
Watermelon
Icebox cake

For more info on cryptosporidium: <https://www.cdc.gov/cryptosporidium/causes/index.html>

For God and Country

Glenn

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