



Meal Service Volunteer Resources

Sample Menus and Meal Breakdown for Preparing, Providing and/or Serving Meals

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Menu: Breakfast for Dinner

*Pancakes with Syrup
Scrambled Eggs
Toast
Assorted Drinks*

Ingredients	<i>For 25 people</i>
Pancake Mix (using Bisquick Shake and Pour)	3 containers of shake and pour mix
Syrup	2 bottles
Eggs or Egg Substitute	Eggs- 3 dozen (won't use all) Egg Substitute- 2 cartons (15 eggs per carton)
Bread	2 loaves (may not use all of it)
Orange Juice	1 large jug (may not use all)
Apple Juice	1 gallon (may not use all)
Milk	1 gallon (may not use all)

Instructions

Pancakes

1. Add 1 and ½ cups of water to mix (add it into the container)
2. Shake well
3. Pour batter onto griddle (or wherever making pancakes)
4. Flip when needed or until fully cooked
5. Serve

Scrambled Eggs

1. Mix eggs, milk, salt, and pepper in bowl until blended
2. Cook over pan on stovetop
3. Pull and lift eggs while cooking until there is no liquid left and the eggs are fully cooked.
4. Serve

Toast

1. Put bread in the toaster
2. Let toast until golden brown
3. serve



Menu: Italian Night

Lasagna
Garlic Bread
Salad
Cookies

Homemade ingredients

Ingredients	<i>For 25 people</i>
No-boil Lasagna Noodles	9 ounces (1 box)
Ricotta Cheese	15 ounces (one tub)
Pasta Sauce	5 cups (2 jars)
Mozzarella Cheese	8 ounces (1 bag)
Parmesan Cheese	1 can grated (won't use all of it)
Garlic Bread	25 pieces (4 boxes)
Lettuce	3 bags
Tomatoes	1 four pack (may not use all of them)
Carrots	1 10 ounce bag of shredded carrots
Cucumbers	2
Salad Dressing (any type)	2 bottles (using ranch for this template) (won't use all of it)
Cookies	2 packages of cookie dough

Instructions

Lasagna

1. Put spaghetti sauce in pan.
2. Put a layer of noodles in pan.
3. Layer some ricotta and mozzarella cheese (save some mozzarella for the top layer)
4. Layer sauce on top of cheese
5. Repeat steps 2-4 until you have reached four layers.
6. For the top layer use remaining sauce and cheese.
7. Bake at 375 degrees for 40-60 minutes or until cheese is melted.

Salad

1. Cut tomatoes and cucumbers
2. Combine lettuce, cucumbers, tomatoes, carrots in a bowl
3. Mix in dressing (or leave it on the side for people to take what they want).

Garlic Bread

1. Follow instructions on the box.

Cookies

1. Follow instructions on package of chocolate chips or sugar.



Italian Night (continued)

Store Bought Ingredients

Ingredients	<i>For 25 people</i>
Lasagna	3 boxes/casseroles (may not use all of it)
Salad	3 bags
Carrots	1 10 oz bag of shredded carrots
Salad Dressing (any type)	2 bottles (using ranch for this template) (won't use all of it)
Garlic Bread	25 pieces (4 boxes)
Cookies	2 cookie trays (19 per tray)

Store Bought Instructions

Lasagna

1. Follow directions on box
2. Serve

Salad

1. Combine lettuce and carrots
2. Serve with dressing

Garlic Bread

1. Follow directions on box
2. Serve

Cookies

1. Serve



Menu: Mexican Night

*Cheese Quesadillas with Dips
Chips*

Ingredients	<i>For 25 People</i>
Tortillas	3 packs (one pack, 10 ct)
Shredded Cheese	1 32 oz bag
Pico de Gallo	2 12 oz tubs (may not use all)
Salsa	2 15.5 oz jars (may not use all)
Sour Cream	1 24 oz tub
Chips	2 party sized bags
Guacamole	2 14 oz tubs (may not use all)

Instructions

Quesadillas

1. Put cheese on half on the tortilla
2. Fold tortilla in half
3. Grill tortilla (over griddle, pan on stove top, or sandwich maker) until golden brown on the outside and cheesy on the inside.
4. Serve with toppings (Pico de Gallo, Sour Cream, Guacamole, Salsa) and with chips



Menu: Rotisserie Chicken Night

Chicken
Rice
Vegetables

Ingredients	<i>For 25 People</i>
Chicken	4 oven ready chickens *can purchase pre-made rotisserie chickens
Rice (using Rice a Roni Long Grain and Wild Rice)	4 boxes (may not use all)
Frozen vegetables (using type that gets microwaved)	4 bags (may not use all)

Instructions

Chicken

1. Preheat oven to 400 degrees
 2. Cut open outer bag and remove chicken in cooking bag. Place in roasting pan seasoned side up
 3. Cut a small slit in cooking bag
 4. (Using not frozen chicken) cook chicken in oven for 80-90 minutes, until the internal temperature is 180 degrees. (Using frozen chicken) cook chicken in oven for 2 1/3 to 2 1/2 hours until internal temperature is 180 degrees.
 5. Remove from oven and let stand for 10 minutes before cutting open the cooking bag,
 6. Serve
- OR
- Buy pre-made rotisserie chickens

Rice

1. Follow instructions on package
2. Serve

Vegetables

1. Follow instructions on package
2. Serve



Menu: Grilled Cheese and Tomato Soup

Grilled Cheese Sandwiches

Tomato Soup

Salad

Cookies

Ingredients	<i>For 25 people</i>
Bread (using wheat bread)	2 loaves
Butter	1 package (may not use all)
Cheese (using American)	3 packages (may not use all of it)
Tomato Soup (using nature's promise tomato bisque)	5 packages
Salad	3 bags
Carrots	1 10 oz bag of shredded carrots
Salad Dressing (any type)	2 bottles (using ranch for this template) (won't use all of it)
Cookies	2 packages of cookie dough

Instructions

Grilled Cheese

1. Heat pan or griddle and spray with cooking spray
2. Butter one side of each piece of bread
3. Place bread and cheese on pan (bread butter side down, then 2 pieces of cheese, then second slice of bread butter side up)
4. Flip when bottom side is golden brown (about 2 minutes)
5. Flip and plate when other side is golden brown (about 2 minutes)
6. Slice sandwiches (optional) and serve

Tomato Soup

1. Follow instructions on carton
2. Serve

Salad

1. Combine salad and carrots in a bowl.
2. Mix in dressing (or serve on the side)
3. Serve

Cookies

1. Follow instructions on package
2. Serve.



Menu: Chili Night

Bean Chili
Texas Toast
Cookies

Ingredients	<i>For 25 people</i>
Beans	20 cans
Tomatoes	24 tomatoes (6 4 packs)
Onions	6 onions (1 three pound bag. Won't use all)
Peppers	3 packages of julienne mix peppers
Spices (chili powder, garlic powder, salt, paprika, pepper)	1 of each spice (will not use all)
Texas Toast	4 boxes (8 pieces per box. Won't use all)
Cookies	2 packages of cookie dough

Instructions

Chili

Note: since portion is large sook smaller portions at a time (4-5 cans of beans, 4-6 tomatoes, 2-3 onions, ½ -1 package of peppers). Repeat with smaller portions until out of ingredients or until you think there is enough chili. You may not use every bit of all ingredients.

1. Sauté onions and place in a crock pot
2. Add cans of beans (with juice)
3. Add tomatoes and peppers
4. Add spices (add then taste then modify)
5. Place in large serving container
6. Serve

Texas Toast

1. Follow instructions on box
2. Serve

Cookies

1. Follow Instructions on package
2. Serve



Menu: Macaroni and Cheese

Macaroni and Cheese
Garlic Bread
Cookies

Ingredients	<i>For 25 People</i>
Elbow Macaroni	2 pounds (2 boxes)
Velveeta cheese	2 pounds (1, 2 pound cheese loaf)
Margarine	3/8 of a pound (1, 42 oz tub. Won't use all)
Milk	1/2 a gallon
Salt	2 teaspoons
Black Pepper	1 teaspoon
Flour	3 cups (2 pound bag. Won't use all)
Shredded Cheddar Cheese	2 packages (may not use all)
Garlic Bread	25 pieces (4 boxes)
Cookies	2 packages of cookie dough

Instructions

Macaroni and Cheese

1. Cook Macaroni. Rinse and set aside in long, shallow pans
2. Melt margarine and add flour, salt, pepper, and milk. Cook combination and stir until smooth.
3. Add Velveeta cheese to mixture and stir until blended.
4. Pour cheese mixture over macaroni.
5. Sprinkle shredded cheese over macaroni.
6. Bake for 1 hour at 350 degrees F.
7. Serve

Garlic Bread

1. Follow instructions on package
2. Serve

Cookies

1. Follow instructions on package
2. Serve



Menu: Chicken Pot Pie

Chicken Pot Pie

Cookies

Ingredients	<i>For 25 People</i>
Butter	3 ½ pounds (4, 1 pound boxes)
Flour	3 ½ pounds (1, 5 pound bag. Won't use all)
Chicken Stock	3 ¾ gallons (2, 32 oz boxes. May not use all)
Salt	6 ounces (1 package. Won't use all)
Black Pepper	1 ounce (1 package. May not use all)
MSG	½ ounce
Carrots	2 pounds (1, 5 pound bag. Won't use all)
Potatoes	2 pounds (1, 5 pound bag. Won't use all)
Mushrooms (sliced)	1 ¼ pounds (2, 16 oz packages. Won't use all)
Green Peas	2 pounds (4 packages. May not use all)
Parsley	1 ounce (1 bunch)
Chicken	15 pounds (about 6 packages)
Cookies	2 packages of cookie dough
Biscuits	4, 8 ct packages (may not use all)

Instructions

Chicken Pot Pie

Prep

1. Heat chicken stock
2. Cook chicken and cut into large pieces
3. Cook and slice carrots
4. Cook and cut potatoes into small balls
5. Cook biscuits (follow instructions on package)
6. Cook peas

Cook

1. Melt butter in a steam kettle or a double boiler.
2. Blend flour and add seasonings to melted butter
3. Add hot chicken stock gradually and cook for 10 minutes until the mixture has no taste of raw starch. Stir constantly while cooking.
4. Add potatoes and sliced carrots
5. Add mushrooms in butter than add to sauce.
6. Add peas and chopped parsley.
7. Add chicken mixing gently but thoroughly
8. Top with biscuits
9. Serve

Cookies

1. Follow instructions on package
2. Serve



Menu: Chicken and Rice Casserole

Chicken and Rice Casserole
Vegetables
Cookies

Ingredients	<i>For 25 People</i>
Chicken Thighs (bone in)	25 thighs (7, 4 ct packages. May not use all)
White Rice	6 ¼ cups (1 bag. May not use all)
Condensed Cream of Mushroom Soup	6 ¼ cans (7 cans. Won't use all)
Frozen Broccoli	3 packages
Frozen vegetables (using type that gets microwaved)	4 bags (may not use all)
Cookies	2 packages of cookie dough

Instructions

Chicken and Rice Casserole

1. Boil water and add rice. Turn heat low and let simmer for 20 minutes.
2. While rice is cooking, put chicken in a glass casserole pan and cook for 20 minutes in a 450 degree oven.
3. Heat broccoli in a microwave until mostly defrosted.
4. After 20 minutes, remove chicken from the oven and transfer it to a plate. Put cooked rice in the casserole pan. Mix in the condensed mushroom soup until well blended.
5. Add broccoli and mix again.
6. Place chicken on top cooked side down.
7. Cook whole thing in a 450 degree oven for 15 minutes.

Vegetables

1. Follow instructions on package
2. Serve

Cookies

1. Follow instructions on the package
2. Serve



Menu: Barbecue Night

Barbecue Chicken Sandwiches
Macaroni Salad
Potato Salad
Popsicles

Ingredients	<i>For 25 People</i>
Chicken Breasts	1 piece per person (amount of packages may vary depending on how many pieces per package)
Seasoning (using Grilled Chicken Seasoning)	1 package
Barbecue Sauce	2, 28 oz bottles (may not use all)
Hamburger Buns	4 packages (will not use all)
Potato Salad	2 containers (may not use all)
Macaroni Salad	1 container (48 oz)
Popsicles	1 box 20 ct. 1 box 8 ct (may not use all)

Instructions

Barbecue Chicken Sandwiches

1. Season chicken
2. Cook over pan or grill until cooked. Add a little barbecue sauce while cooking
3. When cooked, remove from the pan or grill. Add more barbecue sauce if you would like to
4. Put one piece of chicken between hamburger buns
5. Serve