

Great Lake Sailing Adventure Meal planning

Welcome to meal planning for your voyage. Sailing School Vessel *RETRIEVER* is equipped with a compact galley featuring a fridge, freezer, range, toaster, electric griddle, pots, pans and utensils. The oven fits trays up to 12"x17". Our stove has 3 burners. Several of the ports we visit have charcoal or propane grills available for us to use for the evening meal. Some mornings we will be in port and can use AC appliances such as the toaster or electric griddle. Depending on our location we can either gather onboard or at a nearby pavilion for breakfast and dinner. Lunch generally happens underway, meaning we will be cooking and serving while sailing.

For coffee, there is a percolator that makes about 6 cups and a French press. You may want to bring travel mugs for hot drinks. Bring ground coffee or instant

Pick 5 of each meal: Breakfast, Lunch, Snack, Dinner and Desert (last lunch can be leftovers). The list of meals includes some that are very easy to prepare such as cold meals or heat and serve meals. Other meals on the list require more preparation.

We recommend choosing a mix of easy prep and real cooking meals. It can be helpful to have a couple simple and easy meals available to serve during bad weather or if we'd like to save time at some point. We recommend picking 2-4 of the cookout meals for dinner and taking advantage of the grills on shore some evenings. Occasionally, grills may not be available or may be in use by other visitors to the marina. Certain evenings we will be near towns that sell ice cream and other sugary stuff. It does not make sense to spend time preparing a desert on days when the group will be getting ice cream. We recommend picking "ice cream out" for your dessert 1-3 times and bringing pocket money for the number of times you choose to go for ice cream.

The meal plan has included lunch on day six but not on day one. Plan on eating during your ride up or purchasing lunch when you arrive in

Mackinaw City on the first day. For lunch on the last day, you may pick a meal, or simply plan on eating leftovers and going out for food after departing, if needed. Some groups have chosen to go out to eat on the last evening of the trip (Thursday), if we are at Mackinac island. That is ok, but will add a little cost to your trip compared to grilling at the marina or cooking in the galley.

The galley space only allows for about 3 people to help prepare a meal. It is helpful to make a galley duty schedule ahead of your arrival. One way to do this schedule is to have one adult leader or senior scout to lead galley operations for the entire day, along with 2 scouts assigned to assist at each meal. The 2 scouts that do cleanup can then be the next 2 scheduled to assist with the following meal prep. The most important job is keeping track of ingredients. One leader helping lead galley for the day can think ahead to the next meal and make sure ingredients for the day are found and items from the freezer are thawed on time.

Please bring at least one large cooler that you can leave in the car during the trip. This will allow you to take home leftover ingredients at the end of the voyage. It is likely that there will be some good food left at the end of the week. Most of it will go to waste if left in the galley after you depart. The best thing to reduce food waste, is to take what is left when you leave. As previously suggested, crews can bring personal camping mugs or thermoses for hot drinks, in addition to water bottles.

If you include “Fresh Local Whitefish Cookout” as one of your dinners, and I highly recommend this meal, you can purchase the fresh local fish at a fish market in Mackinaw City on the day you arrive. The other ingredients for this meal will be included with your provisions order. You can also purchase pasties at local shops in Mackinaw City.

Galley time and grilling time during your trip can be lots of fun. Have fun picking out your meals from this list. We are happy to help accommodate dietary restrictions. Many of these options can be done with “meat on the side”, vegetation or gluten free. If you have additional

questions we are happy to talk galley during your pre-voyage conference call.



Breakfasts

1. Granola with yogurt and fruit
2. French toast and breakfast sausage
3. Egg bake breakfast casserole with sausage, onion, peppers and cheese
4. Bagels and fruit
5. Avocado toast breakfast with cream cheese, avocados, bacon, tomatoes, jam, peanut butter, everything sprinkles and fruit
6. Breakfast sandwiches with homefries
7. Breakfast scramble, with eggs, potatoes, cheese, mushrooms, onion, tomatoes and bacon
8. Oatmeal bar breakfast
9. Breakfast burritos

10. Toaster waffles and sausage

Lunches

- Macaroni and cheese and cut veggies
- Ramen lunch (noodles, chicken, egg, mushroom, bok choy and green onion in broth)
- Grilled cheese melt sandwiches and veg-barley soup
- Sub Sandwiches and chips
- Chili with rice and corn chips
- Sloppy joes with baked beans and slaw
- Sandwich wraps with chips
- Pizza rolls and cut veggies
- Meatball subs and cut veggies
- Philly cheese steaks with chips
- Chicken pita lunch with chips
- Corn dogs, tots and veggies
- Peanut butter, jelly, honey and banana with apples (easy)

Snacks

- Popcorn
- Goldfish crackers
- Fig bars
- Granola bars
- Apples
- Pretzels
- Trail mix
- Watermelon
- Fruit leather
- Jerky

Dinners

- Chicken Kabob cookout with corn-on-the-cob, and rice
- Fresh local lake whitefish cookout with potatoes and mixed veggies
- Burger bar cook-out with baked beans and watermelon
- Steak dinner cook-out with potatoes and mixed veggies

- BBQ chicken cook-out with cucumber-tomato salad and rolls
- Detroit style coney hotdog cook-in or cookout with chips and slaw
- Pasties (traditional Northern Michigan meat pies filled with beef, onion , potato and carrot) and with slaw (pre-prepared pasties for easy heat and serve)
- Pesto pasta with veggies and Italian sausage
- Lasagna and salad (pre-prepared lasagna for easy heat and serve)
- Jambalaya stew on rice (sausage, shrimp, peppers, tomatoes, onions, celery and spices)
- Spaghetti and meatballs dinner with salad
- Chicken alfredo pasta dinner with veggies
- Stir fry (chicken, veggies and rice)
- Turkey stuffing casserole with veggies

Deserts

- Smores
- Brownie
- Chocolate chip cookies
- Rice Crispy treats
- Peanut butter cookies
- Buy ice cream in Mackinaw City or other towns

Drinks throughout the week

- H2O is all we need
- Morning coffee for this many____
- Tea
- Cider (from powder)
- Gatorade
- Other_____

Sample Meal Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	x	French toast & bacon	Avocado toast	Breakfast sandwiches	Bagel Breakfast w/ fruit	Granola & fruit
Lunch	x	Mac & cheese	Ramen Lunch	Sandwich wraps	Meatball subs	Festival of Leftovers
Snack	Apples	Goldfish Crackers	Fig Bars	Watermelon	Granola bars	x
Dinner	BBQ Chicken Cookout	Whitefish Cookout	Burger Bar Cookout	Kabob Cookout	Spaghetti and meatballs	x
Desert	Ice cream out	CoCo	Brownie	Smores	Ice cream out	x

Create your custom meal plan based on preferences and dietary restrictions

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	x					
Lunch	x					
Snack						x
Dinner						x
Desert						x

Breakfasts

Granola, fruit, yogurt

3 lb store-bought granola	2 lb Strawberries
1 32 oz tub plain or vanilla yogurt	1 lb blueberries
Milk	2 melons,

Instructions: De-leaf the strawberries and slice in half. Slice the melon into bit-sized chinks. Serve the granola with the choice of yogurt or milk and choice of fruit toppings or fruit on the side.

French toast, sausages & fruit

2 large or 3 medium sized loaves of white bread	Cinnamon
3 lb breakfast links	Vanilla
20 eggs	Syrup 16 oz or more
1 quart milk	Fruit: Melon, berries, citrus fruits

Instructions: Mix up eggs and milk. Add a little cinnamon and vanilla. Dip the bread and fry it up in a pan or griddle with cooking oil. It may be faster to bake the bacon in the oven while the stovetop is in use making the french toast. Cut up melon and fruit into a fruit salad. Serve with syrup, fruit on the side and bacon

Bready egg bake & fruit

1 Loaf old bread or buns	2 red bell peppers
24 eggs	Onion
3 cups milk	2 lb ground breakfast sausage
1 lb shredded sharp cheddar	Salt and pepper
Fruit: Melon, berries, citrus fruits	

Instructions: Cook the ground sausage in a small pan and drain off the fat. Beat the eggs, milk, salt and pepper into a large mixing bowl. Dice the peppers and onions. Spray a baking pan with cooking oil spray. Break up pieces of bread or leftover buns and put the bread chunks into the baking pan covering the bottom of the pan. Add the veggies and ground sausage on top of the bread. Pour the

egg mixture over everything. Add shredded cheese over top. Bake until the egg-bake rises (around 45 minutes). Cut up the fruit into chunks. serve in squares with fruit salad on the side.

Bagel breakfast w/fruit

14 or more Bagels	2 melon
Cream cheese	1 1/2 lb strawberries
Peanut butter	14 oranges
Jam or Jelly	

Instructions: Toast in the toast or warm in the oven on a tray. Cover with a towel to keep them warm until time to serve. Put our jam and peanut butter as an option in case some would prefer those toppings over cream cheese. Cut up fruit on a cutting board and serve on the side.

Avocado toast breakfast

Toasting bread	3 lb bacon
7 Fresh avocados	Lemon Juice
Cream cheese	Jelly
Everything-bagel seasoning sprinkles	Peanut butter
Fresh tomatoes	Butter

Instructions: Cook bacon in the oven in a large pan. Toast bread in the toaster or warm in the oven on a tray. Cover with a towel to keep them warm until time to serve. Dice fresh tomatoes. Cut avocados in half and then into slices. Top toast with any, some or all of the toppings: cream cheese, everything–sprinkles, avocado slices, lemon Juice bacon pieces and tomato. Some can choose to have toast with butter, peanut butter, or jelly.

Mighty-Mac-muffins breakfast sandwiches

14 or more Bagel or English muffins	14 large sausage patties or 2 lb ham slices
20 eggs	
2 cups milk	

2- 5 oz cartons on instant hash
browns or 8 large potatoes
12 oz slice american cheese

1 stick butter
Salt and pepper

Instructions: Follow the instructions on the instant hash browns cartons, boil water, soak and then fry the hash browns in a pan with butter, salt and pepper. Mix eggs with a little milk, salt and pepper. Warm the sausage patties in the oven while cooking other items on the stovetop. Whip the eggs and cook the eggs on the stovetop. With a spatula, cut the cooked eggs into flat sections for each sandwich. Put together the sandwiches with egg meat, english muffin and a slice of cheese, place them in a baking pan and warm them in the oven until the cheese melts slightly. Serve breakfast sandwiches with a large scoop of hash browns.

Potato skillet scramble

3 lb ground breakfast sausage
4 lb potatoes, diced or shredded
4 tomatoes or 2 lb canned tomato
1 lb sliced mushrooms
1 large onion
30 eggs
2 cups milk
14 oranges, sliced into quarters

1 lb shredded cheddar cheese
1 large loaf of bread with 28 or more
slices
Butter
Salt and pepper
Cooking spray

Instructions: Dice the onion. Cook ground sausage and onion in a large skillet. When it is mostly done, remove from the stove and strain away the fat. Return to the stove and add diced potato. Allow the potatoes to cook a little, when they are almost done, add the diced tomatoes and mushrooms. Add salt and pepper. In a bowl mix up the eggs with a little milk, salt and pepper. Bring out a second large skillet. Split the cooked sausage-potato-veggie mixture, half in each of 2 fry pan. Add egg to each and stir until it is scrambled. When eggs are mostly cooked add cheese on top and cover with a lid for the final minutes of cooking. Serve with buttered toast and fruit on the side.

Oatmeal bar breakfast

24 oz quick oats (or packets)	6 bananas
1 quart milk	8 oz walnuts
4 apples	8 oz almonds
1 lb blueberries	Cinnamon
1 lb strawberries	1 small bottle breakfast syrup

Instructions: Boil water. Cook up the oatmeal on the stovetop adding a little salt. Dice apples, cut up bananas and strawberries into small pieces. Lay out the spread of toppings, fruit, nuts, syrup, milk and cinnamon.

Breakfast burritos

14 large tortillas	24 oz med salsa
3 lb Chorizo sausage	4 avocados
20 eggs	Salt and pepper
20 oz shredded colby jack cheese	Cooking spray

Instructions: Cook the sausage on the stovetop and strain off the grease. Scramble the eggs and cook them on the stovetop with a little salt. Cut up avocados into small pieces. Warm the tortillas for a couple minutes in the oven. Assemble the burritos with sausage, cheese, egg, avocado and salsa. Warm the assembled burritos in the oven for a few more minutes if you would like.

Toaster waffle experience

28 or more toaster waffles	16 oz breakfast syrup
3 lb breakfast sausages links	Fruit: 1 Melon, 1 ½ lb strawberries

Instructions: Great breakfast to cook when the toaster is available. Toast waffles 2 at a time, and place them in a baking pan with a towel on top to keep them warm. Cook sausages on the stovetop. Cut up fruit into a fruit salad. Serve waffles with syrup.

Lunches

Mac & 3-cheesy

2 lb Elbow macaroni	1 stick butter
1 lb Velveeta cheese	Pepper
8 oz sharp cheddar	2 cups bread crumbs
4 oz parmesan	2 large cucumber
¾ cup flour	4 large carrots
3 cups milk	1 package celery

Instructions: Boil water for pasta. Cook the pasta stirring regularly. Cooking time 8–10 minutes. Strain the pasta. Preheat the oven. Dice the soft Velveeta cheese into little cubes. On the stove top, in a large pot, make the white sauce. Start with butter, after it is melted add milk slowly, then add flour slowly stirring it in. Cook a couple minutes on low heat to thicken the sauce. Combine the Velveeta cubes, pasta and sauce and stir together in the pot. After it is mixed well. Pure the pasta into a casserole dish. Next top the dish with shredded cheddar, grated parmesan and bread crumbs. Bake it in the oven until the cheddar is melted. Serve with cut up raw veggies (celery, cucumber and carrots) on the side.

Ramen Lunch

40 oz Ramen Noodles	1 ½ lb Bok Choy
14 Eggs to soft boil or drop	Soup stock or bouillon to make 28 cups
2 ½ Pork pork or chicken	Garlic, cloves, minced or powder
8 oz Green onions	Sesame oil or cooling oil
1 lb Mushrooms	

Instructions: Cook pork separately in a fry pan with a little oil. Cut up meat into little pieces. Chop up green onions, bok choy and garlic. Slice mushrooms. Boil water and add noodles, cook per the noodle brand, strain and rinse if directed on the packaging. Add a touch of sesame oil to the cooked noodles. Boil water and bouillon for broth, add the vegetables to the boiling water and cook until they soften. Then combine with the meat and noodles. Cook boiled eggs separately and remove the shells. Slice each egg in half. Add an egg to each ramen bowl. Or if preferred do the eggs, egg-drop style while the soup is cooking.

Grilled cheese mushroom melts + soup

1 large loaf Sourdough bread with 28
or more slices, or 2 loaves
2 lb sharp white cheddar
2 lb brown mushrooms
2 sticks butter

Soup envelopes to make 24 cups
instant vegetable barley soup
2 family sized bags potato chips
Balsamic vinegar

Instructions: Let the butter sit out ahead of time so it is easy to spread. Butter the bread. Slice the mushrooms and pre-cook them in a fry pan with oil and butter. Add vinegar to the mushrooms to flavor them. Grill the sandwiches with cheese and mushrooms inside. Or make each sandwich to order. In a pot boil water and add soup from the instant soup envelope. Serve soup and sandwiches with chips on the side.

Sub sandwiches

14 Sub rolls
1 lb Salami
1 lb Pepperoni
1 lb Ham
12 oz Provolone cheese slices
3 Tomatoes

1 Red onion
½ head Lettuce
12 oz Pickled peppers
Oil + vinegar
Salt + pepper
2 family size bags of potato chips

Instructions: Slice the tomatoes, chop the onion and lettuce. Make sandwiches to order, unless everyone is in favor of “the works”. Serve with chips.

Chili over rice

Chili Seasoning
4 lb Canned diced tomatoes
1 lb canned corn
3 lb ground meat
2 onions

3 Bell peppers
6 cups Rice
Cooking oil
1 lb Shredded cheddar cheese
1 Family sized bag corn chips

1 lb sour cream

Instructions: In a small pot cook the ground meat with a touch of oil. When the meat is fully cooked, strain off the fat. Then add a little chili powder to the meat. Dice the onion, and peppers In a large pot cook, start cooking the onion, later add the peppers. Next add the cans of tomatoes including all the juice, add the meat, canned corn and chili powder to taste. Stir and turn down the heat and let it simmer. Steam the rice in another pot. Serve the chili over rice with shredded cheese and sour cream. Chips on the side.

Sloppy Joe w/baked beans & slaw

28 or more buns

5 lb ground beef

2- 24 oz cans of Sloppy joe mix

2- 28 oz cans baked beans

2 ½ lb Coleslaw (GFS#198226)

10 oz bottle of Vinaigrette or other dressing for slaw (GFS#370555)

Instructions: Cook the meat on the stovetop. After it is fully cooked, strain off the fat. Combine meat with the sloppy joe mix and stir over the heat for a couple minutes. Warm the beans on the stovetop in another pot. Serve sandwiches with beans and slaw on the side.

Buffalo Chicken Sandwich wraps w/chips

12 large burrito tortillas

Pre- cooked chicken

Franks hot sauce or similar sauce

Potato chips

Blue cheese dressing

Lettuce

Shredded colby- jack cheese

Instructions: Douce the pre-cooked chicken with franks hot sauce. Make up the wraps and serve with chips on the side.

Pizza Rolls

28 Tortillas

Marinara sauce

Shredded mozzarella cheese

Pepperoni

Mushroom

Onion

Carrot
Cucumber

Celery

Instructions: Top each tortilla with sauce, then cheese and pepperoni. Make others with cheese, onion and mushrooms. Roll up each tortilla and place in a baking pan. Bake until the cheese is melted. Serve with cut up raw veggies (carrot, cucumber and celery) on the side.

Meatball subs with cut veggies

14 or more sub rolls	2 large cucumber
5 lb Frozen meatballs	4 large carrots
32 oz Marinara sauce	1 package celery
16 oz shredded mozzarella cheese	

Instructions: Defrost the meatballs. Warm the meatballs in a pot with a little olive oil. After the meatballs are warmed add sauce to the pot and warm the sauce as well. Make up the sandwiches with sauce, meatballs and cheese on top, then place in a baking pan. Bake in the oven for a few minutes to melt the cheese. Serve with cut-up raw veggies(carrot, celery and cucumber) on the side.

Philly cheese steaks

14 or more sub rolls	2 onions
5 lb shaved beef steak	Salt and pepper
16 oz white American cheese slices	Olive oil
2 large bell peppers	
Large family sized bag of potato chips	

Instructions: Cut the steak into very small pieces if it is not already prepared this way. Cook the beef in a pan with a little olive oil, salt and pepper. When cooked, strain away any fat. In a separate pan start cooking sliced onion and sliced peppers in a little olive oil. Combine the cooked meat with the cooked peppers and onions and then add cheese slices to the pan. Cook a little longer to soften the cheese. Add the mixture to the sub rolls and serve with chips on the side.

Chicken Pita Lunch

14 or more pitas	1 large red onion
4 lb pre-cooked chicken	16 oz Tzatziki sauce
Spice mix (such as, garlic, salt, paprika, cumin, pepper, etc)	1 family size potato chips
1 head lettuce or ¾ lb shredded	Olive oil,
4 large tomatoes	Lemon juice

Instructions: Dice tomato, slice red onion, chop lettuce. Warm the diced chicken in a pan with olive oil, lemon and spices. Warm the pita a little in the oven before putting together the pockets with all the fixin's and sauce. Serve with chips on the side.

Enchiladas

Package of 14 or more medium size flour tortillas	2 lb canned diced tomatoes
16 oz Enchilada Sauce, red or green	5 cups rice
5 lb chicken and pre-cooked or raw	Spanish rice seasoning
1 large onion	Cooking oil or cooking oil spray
2 lb canned black beans	2 family size bags Tortilla Chips
1 lb Jack or Colby cheese, shredded	24 oz Salsa

Instructions: In a pan on the stovetop fry the diced onion along with chicken if it is not precooked. In each tortilla put some chicken, onions, diced tomato, black beans, cheese and enchilada sauce. Get a baking pan ready by spraying it with cooking oil. Roll up the enchiladas and place them in the pan. Add more cheese and sauce on top of the enchilada. Bake until it is all hot and the cheese is melted. Cook rice on the stove top and season with Spanish rice seasoning. Serve with chips and salsa.

Corn dogs, tots and veggies

28 corn dogs (frozen)	Fresh veggies to cut up: 2 carrots, 1,
3 lb tater-tots (frozen)	cucumber, celery, 1 bell pepper.
Ranch dressing	

Instructions: Heat dogs and tots in the oven, cut up veggies and serve with ranch dressing.

Dinners

Kabob & Corn Cook-Out

8 lb. fresh chicken	minced garlic, olive oil, salt, pepper,
1 whole pineapple	hot sauce (franks 12 oz GFS#473212)
4-6 bell peppers	Pepper sauce or other dippin' sauce
3 large onions	Bamboo Skewers 10" or larger
24 oz whole mushrooms(GFS #417180)	(GFS#499390)
24-32 oz cherry or grape	5 cups seasoned rice
tomatoes(GFS#184750))	Paper plates
1 ½- 2 ½ lb yellow squash or	Sub Beyond Meat links for
Zucchini	Vegetarian
For Marinade: soy sauce (10 oz	
gfs#557182), 2 heads garlic or	

Instructions: cut the chicken into cubes. Marinate the uncooked chickens in soy-oil-hot sauce-garlic, cut the peppers, onions, pineapple, and yellow squash into small pieces. Now marinate the veggies including mushrooms and tomatoes. It will be helpful to use grills to cook this amount. Put the chicken and veggies on skewers and grill them until the chicken is fully cooked and the veggies are softened. Boil plenty of rice on the stovetop. Serve the kabobs with dipping sauce.

Fish, potato, cook-out

8 lbs Local Lake Whitefish or Lake	Olive oil or olive oil spray
Trout filets (buy in Mackinaw City)	14 oz tube or 16 oz tub of sour
14 potatoes	cream
1 lb butter	Veggies side: 4-5 lb veggies,
4 lemons (2 for slices, 2 for wedges)	broccoli, zucchini, green bean,
Lemon pepper seasoning	cauliflower asparagus or combination
Salt, pepper	veggies
Foil	Paper plates

Instructions: Cut filets into serving size. Place on foil to cook on the grill or bake in the oven. On top of the fish, drizzle some olive oil, put on a piece of butter, a slice of lemon and sprinkle lemon pepper spice and lemon zest. If using the grill or campfire, wrap up the foil over the fish. Steam the veggies on the stove top or cook them in a foil wrap with a little olive oil and salt. Bake potatoes in the oven or dice them and grill them in a foil wrap with oil and salt. Serve fish with additional lemon wedge or lemon juice and more lemon pepper spice. Serve potatoes with sour cream, butter, salt and pepper.

Burger bar cook-out with baked beans, slaw

14 Buns (GFS#318857)	(2) 28 oz cans Baked Beans
14 Beef Patties	(GFS#781639)
1 10 oz package sliced cheese	2 ½ lb Coleslaw (GFS#198226)
3 Tomatoes	10 oz bottle of Vinaigrette or
1 large Onion	other dressing for slaw
1/2 head lettuce	(GFS#370555)
Catsup	One large watermelon
Mustard	
Paper plates	

Instructions: Grilling is great. Bring charcoal, bbq lighter, lighter fluid, spatula, paper plates, napkins and forks to the grilling area. It should be easiest to warm the baked beans on the stovetop in the galley and to cut up the watermelon in the galley and put it into a serving dish. You can also prep the onions, tomatoes and lettuce in the galley. You can ask folks if they would like the onions raw and crunchy or grilled. If you have mushrooms leftover from another meal, those can be grilled to go on a burger as well.

Steak dinner cookout

14 steaks (or 1 steak per person)	14 Potatoes
approx. 10 lb total (GFS#348962)	Foil
12 oz steak sauce	Olive oil or olive oil spray

14 oz tube or 16 oz tub of sour cream
½ lb butter
Veggies side: 4-5 lb veggies, broccoli, zucchini, green bean,

cauliflower asparagus or combination veggies
Salt and pepper
Paper plates

Instructions: Steaks on the grill. Bring charcoal, bbq lighter, lighter fluid, spatula, paper plates, napkins and forks to the grilling area. The veggie side can be heated on the grill in foil, or steamed in a pot on the galley stovetop. Place the veggies on foil and sprinkle with a little olive oil, as well as salt and pepper. Wrap the foil over the veggies. Cook until the veggies can be easily poked with a fork. Bake potatoes on the grill each individually wrapped in foil after putting oil on each. Or dice them and cook with oil and salt in a foil package. Cook steaks directly on the grill watching them carefully. Take them off as soon as they are done so they remain juicy. Serve potatoes with salt, pepper, sour cream and butter.

BBQ chicken cook-out with cucumber-tomato salad and rolls

10 lb chicken bone-on, skin-on:
breast, leg and thigh pieces
Olive oil
Salt and pepper
28 rolls
Butter

BBQ sauce
3 cucumbers
6 tomatoes
Dry-rub spices
Vinaigrette dressing

Instructions: Grilling time. Bring charcoal, bbq lighter, lighter fluid, tongs, paper plates, napkins and forks to the grilling area. Preheat the grill. Sprinkle all sides of the chicken with dry spices. Grill the chicken on medium heat slowly. Rotate the pieces. After about 20 minutes, start adding Bbq sauce to the pieces and continue to rotate, covering both sides with sauce while the pieces finish cooking. Remove when they are cooked all the way through, This could be 30-40 minutes on the grill or until the meat is 165 degrees inside. For the salad, cut up tomato and cucumber pieces and toss them in vinaigrette dressing. Serve with dinner and butter.

MI Pasties (meat pies for miners, iron workers, lumberjacks etc.)

14 Pre-made Pasties contain: beef, carrots, rutabaga, potato, onion in a flour crust	2 ½ lb Coleslaw (GFS#198226) 10 oz bottle of Vinaigrette or other dressing for slaw (GFS#370555) ketchup
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Instructions: Heat in the oven and serve. Serve slaw on the side

Pesto pasta with sausage

3 lb penne pasta (2) 6,5 oz jars pesto sauce (GFS#193491) 1 ½ lb mushrooms 1 Red pepper 1 lb Spinach (GFS#560545) Salt and pepper	1 ½ lb Yellow squash 4-6 lbs Italian sausage links (2x GFS#761531) Olive oil 1 lb package parmesan shaky cheese
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Instructions: Add pasta to boiling water. You may need to do 2 rounds of pasta boiling to make enough pasta. Cut the slice up the veggies including the mushrooms. Saute the vegetables in butter and oil on the stove adding the spinach at the end. Cook the sausage in the oven so they can be cooked while the stove top is being used for pasta. Add pesto sauce and grated cheese to the strained pasta. Serve the veggies on top of the pasta or on the side. Same with the sausage cut into pieces.

Lasagna

2 Frozen Lasagnas with meat, each tray will be 80-96 oz trays can be up to 18" wide x 12" deep (GFS #875782 90 oz are 10" x 13" trays) 2 lb Salad mix (GFS #165761) Veggie Lasagna available	12 oz Italian Salad dressing (#413102) 2 Loaves frozen garlic bread or loaves with garlic butter and seasoning
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Instructions: Heat and serve pre-prepared trays. The Dickerson oven is 18"x 12". It can hold two 10"x14" trays. You will need 2 trays to feed 14 people. Stack 2 trays vertically. Serve with green salad and garlic bread

Jambalaya stew

1lb package celery
4 green bell peppers
2 large onions
(2) 28 oz cans canned diced tomatoes
One head garlic

5 lb Andouille sausage links
(GFS#135944)
3-4 lb frozen shrimp
Cajun spice
7 cups rice
Olive oil

Instructions: Cut up the veggies into bite sizes. Cut the sausages into bits. Prepare the shrimp by peeling off the tails and shells. Start cooking oil and onion in a large pot. As the onion is half cooked add the garlic, peppers and celery, As the celery and peppers become a little soft, add the tomatoes and spices and let it simmer. In another pan cook the sausage and shrimp in a little oil. Steam the rice in a second pot. Serve stew with meat over rice.

Spaghetti and meatballs

3 lb spaghetti noodles
32 oz Marinara pasta sauce
5 lb Frozen meatballs
16 oz grated parmesan cheese
Olive oil

Salad greens mix
Fresh tomatoes
Italian salad dressing
Garlic bread
Butter

Instructions: Thaw meatballs. Boil water on the stovetop. Add a little salt and olive oil to the water. Make sure water is truly boiling, before adding pasta. Stir throughout cooking so the pasta does not stick together. It may be necessary to boil pasta in two rounds to cook enough for 14 people. After 8-10 minutes in boiling water, check the pasta. Strain the pasta from the water in a colander and return the pasta to the pot off the stove. Add a little olive oil to the cooked pasta so that it does not stick together. Heat the red sauce in a small pot. Add a little bit of hot red sauce to the cooked pasta and stir. Cook the meatballs on the stovetop in a frypan, with a little olive oil. When ready add meatballs to the red sauce.

Warm garlic bread in the oven. Serve the pasta and meatballs with grated cheese, alongside salad, dressing and garlic bread.

Chicken alfredo

2 lb creamy alfredo sauce
(GFS#245860)

5 lb pre-cooked (or raw)) chicken
16 oz grated parmesan cheese

Garlic bread
5 lb mixed vegetables

Instructions: Boil water for pasta. Add a little salt and olive oil to the water. Make sure water is truly boiling, before adding pasta. Stir throughout cooking so the pasta does not stick together. It may be necessary to boil pasta in two rounds to cook enough for 14 people. After 8-10 minutes in boiling water, check the pasta. Strain the pasta from the water in a colander and return the pasta to the pot off the stove. Add a little olive oil to the cooked pasta so that it does not stick together. Heat the alfredo sauce in a small pot. Add a little of the sauce to the cooked pasta. Cook chicken on the stovetop with salt and a little oil. Steam the veggies in a pot with a little water and olive oil and salt. Heat the Garlic bread in the oven. Serve the pasta with chicken alfredo sauce, steamed veggies garlic bread on the side.

Stir Fry

2- 12 oz bottles of Stir fry sauce
6-7 lb Chicken
8 oz Hot Chili sauce
5-7 lb Stir fry vegetables mix (carrot,
yellow squash, bell pepper, snow
pea)

Cooking oil
7 cups rice

Instructions: Thaw Chicken and then dice it into large bites. Cook meat in one pan with a little cooking oil and salt. Cook veggies in another pan. Start with oil, then root veggies like carrot and onion. Next add other veggies and last stir fry sauce. Remove after veggies have softened, but retain a little crispness. Serve with rice Chili sauce can be added for the desired hotness in flavor.

Detroit style coney dogs cook-in or cook-out with chips and slaw

28 Buns	Family sized bag Frito chips
28 or more franks	2 ½ lb Coleslaw (GFS#198226)
2 white onions	10 oz bottle of Vinaigrette or other
Mustard	dressing for slaw (GFS#370555)
(4) 15 oz Cans of no-bean chili	

Instructions: Easy Meal. Dice the onions small. Heat the canned chili on the stovetop or on the grill. Grill the dogs. Chili onions and mustard go on the dogs. Serve with chips and slaw.

Turkey stuffing casserole with veggies

24 oz stuffing	2 large Onion (2 cups chopped)
5 lb boneless turkey or chicken	1 bunch of Celery (2 cups chopped)
32 oz of chicken or turkey broth or make broth from broth cubes.	4-5 lbag of frozen mixed veggies (side dish)
1 lb butter	Seasoning mix for chicken
6 oz gravy mix powder	

Instructions: Bake chicken in an oven pan with a little seasoning on top. Chop celery and onion. Heat butter, add onion and celery, add broth. When onion and celery are softened and the broth is boiling, add stuffing mix and remove from the heat to stir. Make up gravy with boiling water. Steam veggies on the stovetop. Serve turkey alongside or mixed into the stuffing.

Deserts

Smores

10 oz bag of marshmallow	14 or more 1 ½ oz milk chocolate
14 oz box of graham crackers	bars

Brownie

Pre-made or	12 oz Walnuts
1 18-24 oz box of mix	Cooking spray

Rice Crispy treats

Pre-made or

3 tablespoons butter

1 package (10 oz., about 40)

JET-PUFFED Marshmallows

6 cups Kellogg's® Rice Krispies®
cereal

Chocolate chip cookies

Premade cookies or

1-24 oz Pre-made tube of dough

Cooling spray

Peanut butter cookies

Premade cookies or

1- 24 oz premade dough or mix

Cooling spray

Drinks

Coffee- 12 oz instant

Tea- variety pack of 60 bags

Cider- box of 30 Alpine spice cider packets

Gatorade- 51 oz tub of orange mix

