

# SAMPLE MENUS

## SAMPLE MENU 1

For dinner I prepared paprika chicken, brown rice, green beans, salad and 2 chocolate sheet cakes, 3 french bread.

For breakfast I took a variety of 30 yogurt, 30 breakfast bars, 30 bagles, 4-1/2 gal. orange juice, 1 lb coffee, 1 lb coffee mate, 1/2 gal white cranberry juice, 4 cream cheese.

## SAMPLE MENU 2

Brought chicken and pasta. The women seemed to really love it. Brought the salad, bread, chocolate cake and paper/plasticware. We also brought lemonade and ice tea mix. Seemed to be less crowded than the last time we went...maybe because of the nice weather.

For breakfast, we left muffins, milk, cereal, mixed fruit and juice. I didn't bring many perishable items, because the last time there was no room in the refrigerator. However, this time, everything was spic and span and there was plenty of room in the refrigerator.

## SAMPLE MENU 3

I made honey ham, green beans, and macaroni and cheese for dinner. For desert we bought a caramel apple pie from Costco and apple juice for drinks. We delivered english muffins, jam, and jelly for breakfast. Everything went great.

We bought a honey baked ham. I made parsley potatoes. We brought lemon aide and ice tea for drinks and homemade cake and girl scout cookies for desert. For breakfast we delivered milk and muffins.

## SAMPLE MENU 4

We fixed a special 4th of July menu complete with a flag and red, white and blue flowers! Dinner: 6-ft. submarine sandwich cut into 40 two inch pieces (half turkey and half Italian). Tomatoes and shredded lettuce were in the sandwiches already. Potomac Pizza (where the subs were purchased) provided tubs of mustard, mayonnaise, pepper relish, onions, sweet and sour sauce. The women put on their sandwiches the condiments they wanted. Provided two Big Bags of Utz potato chips. One would have sufficed. Also brought red, white and blue frosted cupcakes and made an igloo jug full of Country Time lemonade tea with plenty of ice (which they loved). Breakfast: Large boxes of various cereals, bagels with cream cheese, juice, milk and yogurt. Brought lots of fruit (bananas, apples, and oranges). Put out apples for dinner for anyone who wanted them. We provided plates, napkins and cups for drinks and juices.

## SAMPLE MENU 5

We had plenty of food from a 6 foot long sub (half Italian/half turkey), supplemented with tossed salad, fresh fruit, two homemade cakes and homemade cookies, plus extra fruit, lots of juice, yogurt, bagels, and power bars for breakfast. We also took some extra drinks, cereal plus feminine products, fingernail files, gum, etc., There were 27 who ate plus two staff so 30 is still a good estimate (4/6/08).

## SAMPLE MENU 6

We did chili and cornbread and salad. Made chili and rice for 30, cornbread, and then we made a Price Club run to pick up paper products (cups, cutlery, plates, bowls, and napkins), 2 big bags of salad (one was enough), salad

dressings, orange and grapefruit juice, Crystal Lite iced tea and lemonade mix, bagels, cream cheese, fruit (mandarin oranges and apples) and yogurt for breakfast as well as shampoo, some maxi pads, and toothpaste. We arrived about 6:15 and set it all up and then stayed to help serve for a while. The bill came to around \$200. ... It was fun to work with a few other families from the church and helped with the time commitment and the cost. I would encourage several families (or individuals) to do this together as a team effort.

### **SAMPLE MENU 7**

I shopped at COSTCO for everything and served 2 trays of lasagna and a cheese ravioli with tomato sauce; 2 large bags of salad, grape tomatoes, carrots, 2 bottles of dressing (the Ranch was very popular), a bag of apples, one watermelon cut up, dinner rolls, and chocolate chip cookies. We also took large containers of lemonade and iced tea mix. For breakfast we delivered Nutrigrain bars, yogurt, and orange juice and I figured the remaining fruit could be served at breakfast as well. I also bought paper plates, napkins, cups and cutlery.

### **SAMPLE MENU 8**

We brought a macaroni-hamburger bake-three large baking pans; garlic bread (6 loaves); 6 bags of mixed salad to which we added cherry tomatoes, artichoke hearts and onions-the mixed salad bags already had carrots, red cabbage, and radishes; two large jars of salad dressing; parmesan cheese; 2 gallons of apple cider; 2 large bottles of iced tea; 30 Halloween cupcakes; approx 30 sweet tart wrapped candies; paper plates, cups, and plastic forks and knives. It really seemed like a good amount for 30 people. We set it up and served it out until approx 7:10 PM. Everyone was very grateful. The women seemed to be fairly big on the salad and drinks, in part I'm sure because of the hot weather for a Nov 2! It was a rewarding experience and we definitely will do it again.

### **SAMPLE MENU 9**

July 6, 2008: Baked chicken, a pasta side with tomatoes and cheese, and a salad with extra tomatoes and carrots, along with salad dressing. Lemonade and tea, a fruit salad and cookies paper goods, and breakfast supplies (cereals, muffins, milk, juice). The women helped bring in the items and were very appreciative of the food, and some were very engaged in conversation. There were a few changes in procedures from what we remember of the last time we brought food: women's bags and purses are examined as they enter the shelter, dinner didn't start until 6:30, we serve with plastic gloves. The women have chores afterwards which include putting away any extra food. We left about 7:30 PM.

### **SAMPLE MENU 10**

The experience was a good one, as always. The children were very well received by the women. Meat stew, mashed potatoes, vegetables and rolls. The Spencers brought dessert, ice cream and cookies, and breakfast including oatmeal, strawberries and bananas.

### **SAMPLE MENU 11**

Chicken breasts with pasta in a tomato sauce (They loved this)  
Waldorf salad  
Mixed vegetables (They did not eat much)  
COSTCO Caramel Apple Pie  
2 homemade pumpkin pies (once they knew it was homemade, they ate it like crazy)  
2 packages cookies  
Canned iced tea  
Breakfast - yogurt, muffins and other breakfast food, bananas and apples juice

### **SAMPLE MENU 12**

Dinner menu: meatballs w/ sauce, green salad, garlic bread, Valentine cookies, canned pop in variety of flavors.  
Breakfast menu: I delivered jumbo muffins from Costco, yogurt, juice, milk and white and red grapes.

### SAMPLE MENU 13

[They loved the chicken and rice casserole. They said they get a lot of pasta and processed foods and enjoyed having something healthy.](#)

### SAMPLE MENU 14

2 honey baked hams, pasta salad, green salad and cheesecake factory cheesecakes for dessert. We did provide iced tea, bottled water and lemonade, but the Pepsi that was already there was much more popular. For breakfast we brought boxes of Cheerios, bananas, milk and Costco muffins as well as an assortment of fresh fruit and orange juice.

### SAMPLE MENU 15

We served:

1. Spiral sliced ham (from Costco cut off the bone in advance to speed serving and to plan serving sizes - I think the ham was about 9 1/2 pounds - just a small amount left)
2. Slice tomato - also sliced in advance with a layer of paper towels between each later in a baking type pan - we planned on two slices per resident total weight was about 5 pounds)
3. Deviled eggs - we made 3 dozen and every last one was taken - this might have been the most popular item; this is actually a pretty low cost protein source when eggs are on sale or purchased in bulk
4. Cole slaw - (we used a recipe with a sweet dressing made with rice vinegar and part salad oil part sesame oil and crunched ramen noodles - total was 5 pounds of pre shred cabbage - there was a small amount left over)
5. rolls - we bought three dozen - just the right amount; some women took none and some asked for seconds, none left
6. Brownies - three batches of brownie mix - just about the right amount
7. ice tea and root beer - we brought 4 liters of the root beer and 2 and a half gallons of unsweetened tea; the shelter had sugar packets (there was about an extra gallon that was left)
8. paper plates and cups

For breakfast we brought 4 packages assorted cereal, 2 gallons low fat milk, about 15-18 bananas and 5 pints of blueberries which happened to be on sale that week for 99 cents - we figured that fresh fruit in lieu of juice might be nice and it was definitely easier to transport, 1 can of coffee and the remainder of the box of tea bags not used for ice tea for dinner, and 1 container of creamer

### SAMPLE MENU 16

A 6 foot sub from Potomac Deli, sliced in 30 pieces, and a vegetable platter for 12. We had cut up fruit (1/2 a watermelon, 1 cantelope, 1 honeydew, grapes and blueberries), and about 5 dozen oatmeal chocolate chip cookies, lemonade mix, and 3 bags of chips and feminine items for the women. We also delivered 3 boxes of oatmeal, 1 gallon of milk and 2 128 oz. bottles of orange juice for breakfast.

The quantities were perfect and the women loved the sandwich because it was different. We asked what they like to eat and they said anything ethnic or different since they eat a lot of chicken and pasta.

### SAMPLE MENU 17

We brought 1) **Chicken Broccoli Cheese Casserole**, five 9x13 casseroles (eight servings per casserole); four were sufficient to feed the 25 residents plus the Staff. We left some leftovers in their refrigerator at their request. 2) **Rice Pilaf**, a huge container of pilaf—about 2/3 was eaten but the women requested that we leave the rest for them. 3) **Salad**, a huge container of salad, a couple bottles salad dressing, some packages of croutons. Not a lot of the salad was eaten. 4) **Dinner Rolls**, Everybody took a roll or two. 5) **Iced Tea/Lemonade**, the powdered containers, to which you just add water, worked great. Everyone seemed to go for a drink. 6) **Home made lemon bars and chocolate chip cookies for dessert**, a huge hit!

For Breakfast, we left for them: Mini Muffins, 1 Gallon Milk, Two 64-oz bottles of orange juice, 1 1/2 dozen hard boiled eggs, 15 apples, 15 bananas.

#### **SAMPLE MENU 17**

We served baked salmon for the main entrée, mixed green salad, combo of peas/corn, plain white rice, couscous, and apple cider and lemonade for drinks along with dinner rolls. Quantities were generally perfect except that we had too much rice—residents seemed to opt for the couscous. We had too much dessert (2 pies and 2 halfsheet cakes).

#### **SAMPLE MENU 18**

We brought the following: oranges (1 per woman), baby carrots with ranch dressing (we brought 4 large bags, 2 would have been enough, and 2 large bottles of ranch dressing, 1 would have been enough), a 6 foot submarine sandwich from Subway that had 4 different types of meat options (turkey, ham, roast beef, and a combo - all had cheese, lettuce and tomato, and we had mustard, mayo and onions on the side), potato chips (we brought 3 big bags, 2 would have been enough), a homemade bow tie pasta salad with lots of different vegetables and cheese and italian dressing, cans of lemonade, and 1 large sheet cake for dessert

For breakfast we left apples (1 per woman), fruit and grain cereal bars (1 per woman), 2 gallons milk, and 2 large bottles of orange juice.

#### **SAMPLE MENU 19**

Our menu was grilled salmon & roasted red potatoes, a healthy salad, dinner rolls and butter, iced tea, lemonade. We made two 9 x 12 cakes that had a pineapple, vanilla pudding, whipped cream topping that could be made in advance. We sent extra salad dressings because in your notes it said they liked ranch dressing. Four fish fillets were a sufficient number for the women. The fish was grilled with a teriyaki marinade and the red potatoes were roasted with herbs. The fish was a real treat and the dessert was well-received. For breakfast we had two kinds of healthy cereal, hard boiled eggs, coffee, bananas, grapes and watermelon.

#### **SAMPLE MENU 20**

We served shredded bbq sandwiches on buns, homemade ambrosia and potato salad, carrots (used 2 large bags of mini carrots) and 2 types of dip, selection of 4 potato chips (big bags and lots left over) and homemade chocolate filled cupcakes. We brought 6 and used 5 2 liter bottles of lemonade and iced tea.

#### **SAMPLE MENU 21**

We served meatloaf, gravy, homemade mashed potatoes, mac and cheese, steamed mixed vegetables, mixed salad and ice cream sundaes: vanilla ice cream, caramel, strawberry, whipped cream toppings and cherries. Lemonade and iced tea. It was enthusiastically received by all. We left milk, apples, oranges, cereal and baked goods for breakfast.

#### **SAMPLE MENU 21**

2 pasta dishes (chicken & pesto linguine, ziti pasta with meatballs and smoked mozzarella), a green salad with dressings, bread, iced tea, lemonade, water (plain and flavored), cookies, and brownies. For breakfast they brought breakfast bars (Nature Valley Granola Bars, Nutri-Grain Bars, Peanut Butter Bars), cereal, grapes, bananas, other assorted fruits, and apple/orange juice.

#### **SAMPLE MENU 22**

Beef dish with rice, salad, watermelon, 4<sup>th</sup> of July cupcakes.

#### **SAMPLE MENU 23**

We had a salad, chicken parmesan, pasta, bread, homemade chocolate chip cookies, lemon bars, lemonade, and we left them food for breakfast—hard-boiled eggs, scones, juice, and apples.