



Tres Dias of Southeast Tennessee

Kitchen Menu Book

This book is intended to *help*. Please forgive its failings. Please help improve it by noting your suggestions on the Area Head Feedback/debriefing sheet and turn it in to the Assistant Head Cha at the end of the weekend. Alternately, you can send your suggestions to the respective Men's or Women's Leaders person.

Facility problems should be reported on the ARC "Facility Problem Report" forms on the ARC office bulletin board.

Thank you,

Tres Dias of Southeast Tennessee Secretariat

Menus and Instructions

I. Overview

You are responsible for planning, preparing, cooking and serving all the meals for the Weekend. You are responsible for inventorying the food when it arrives at the ARC on Thursday and again on Sunday afternoon. .

Remember that God chose you for this purpose: to be a servant and show His love to those making this Weekend. Remember also that God chose the others working with you. They may not do things the way you do, but God knows what He is doing. If we keep a servant's attitude – humble, obedient, and not seeking to receive recognition – God will be glorified in every step.

The key to a successful kitchen team is flexibility. Wal-Mart/Sam's are the stores used for most purchases. A Tax Exempt form is included for your use. The first trip to Wal-Mart, you must go to the Service Desk and present the Tax Exempt form and get a small card (several on are on the bulletin board in the office that you can use) to show the cashier before you check out items to keep from paying Sales Tax. The Weekend and Food Couple have a tax exempt Sam's card that is not transferable. If expensive items are needed at Sam's, please contact them.

II. Responsibilities Prior to the Weekend

During Team Meetings

1. Go over potential menu items with the Rector to get their preferences before deciding on meal entrees. Be sensitive to special needs of potential candidates during your planning.
2. Food Order – Food Couple will provide the list of items ordered/brought to the ARC to the Head Kitchen. Be sure to let them know if you want fresh or frozen eggs.

Breakfast Meals

Friday:

Suggested Menu: Juice/ Coffee/ Milk/ Soft Drinks
Scrambled Eggs/ Bacon/ Grits
Blueberry Muffins
Cereal/Fruit/Yogurt

Instructions:

Frozen eggs - Start 2 pots of hot water boiling about 6:45 a.m. Boil in bag – use 6 bags of eggs – place in boiling water for 10 – 15 minutes. Take bags out of water and break apart eggs (shake and place back in water for another 10 – 15 minutes). Eggs will continue to cook and stay warm in bag. Put in serving bowls just before serving (Be sure to thaw these in cooler or cold water overnight)

Fresh eggs – crack into large stainless bowls the night before, cover and place in cooler. Mix with a whisk and add milk or other items just before cooking. You can cook them in the large cast iron skillet and/or the griddle that can be placed over four burners. Do not turn the heat up high. Cook in small batches and place in serving bowls in warmer covered.

Bacon – The bacon comes layered with baking parchment paper, simply lift the sheets out with bacon on and place on the large baking pans with the larger parchment paper underneath. Use convection oven on large trays at 350 degrees. Watch for at least 10 minutes, rotating as needed. Remove cooked bacon and place on paper towels in serving bowls or steamer pan. **(Save bacon grease in stainless bowl, cover and place in cooler. If you do not use it later for seasoning, discard in the trash. Do not pour down sink drains!!!)**

Grits – Prepare according to the package directions, do not prepare these too early. If there are no directions, use about 7 gallons of water and 28 cups of dry grits. Use at least 2 containers to prepare. Boil water, and 1 tsp salt and the grits. Simmer until ready. (Always use 4 cups dry grits per gallon of water.) Quantity for 112 People: Dry grits – 24 Cups, Water – 6 Gallons, Salt – 1 Tablespoon. (Usually a 5-pound bag is enough for one meal.)

Muffins (frozen batter) – Prepare and cook these the night before. Use muffin papers in the pans and spray with cooking spray. The pancake batter dispensers work well for filling the cups. Bake according to package directions. When cool, place in bowls and cover. Place the bowls in the warmer about an hour before serving

Breakfast Meals

Saturday:

Suggested Menu: Juice/ Coffee/ Milk/ Soft Drinks
Biscuits and Gravy/ Sausage/Scrambled Eggs
Grits/Cereal/Fruit/Yogurt

Instructions:

Frozen eggs - Start 2 pots of hot water boiling about 6:45 a.m. Boil in bag – use 6 bags of eggs – place in boiling water for 10 – 15 minutes. Take bags out of water and break apart eggs (shake and place back in water for another 10 – 15 minutes). Eggs will continue to cook and stay warm in bag. Put in serving bowls just before serving (Be sure to thaw these in cooler or cold water overnight)

Fresh eggs – crack into large stainless bowls the night before, cover and place in cooler. Mix with a whisk and add milk or other items just before cooking. You can cook them in the large cast iron skillet and/or the griddle that can be placed over four burners. Do not turn the heat up high. Cook in small batches and place in serving bowls in warmer covered.

Sausage – The sausage comes layered with parchment paper, simply lift the sheets out with sausage on and place on the large baking pans with the larger parchment paper underneath. Use convection oven on large trays at 350 degrees. Watch for at least 10 minutes, rotating as needed. Remove cooked sausage and place on paper towels in serving bowls or steamer pan. **(Save grease in stainless bowl, cover and place in cooler. If you do not use it later for seasoning, discard in the trash. Do not pour down sink drains!!!)**

Gravy – make according to package directions. Always pull some gravy after making before putting any sausage in it, as some may not want the sausage. You can use some of the cooked sausage patties and grease, or use packaged sausage browned.

Grits – Prepare according to the package directions, do not prepare these too early.

Biscuits (frozen) – Leave these in the freezer until ready to cook. Bake according to package directions. Place in bowls and cover. Place the bowls in the warmer to keep warm and moist.

Breakfast Meals

Sunday:

Suggested Menu: Juice/ Coffee/ Milk/ Soft Drinks
Pancakes/ Sausage and /or bacon or
Overnight Egg Casserole/ Cinnamon Rolls
Cereal/Fruit/Yogurt

Instructions:

Pancakes – Mix batter according to package directions. Use the pancake batter dispensers if desired. The griddle that can be placed over four burners works good, but do not turn the heat up real high. Place cooked pancakes in steamer trays, cover and place in warmer.

Sausage – transfer sausage from package to large trays using parchment paper under them. You can leave the sausage on its packaged parchment on top of the large sheets.

Bacon – The bacon comes layered with baking parchment paper, simply lift the sheets out with bacon on and place on the large baking pans with the larger parchment paper underneath. Use convection oven on large trays at 350 degrees. Watch for at least 10 minutes, rotating as needed. Remove cooked bacon and place on paper towels in serving bowls or steamer pan. **(Save bacon grease in stainless bowl, cover and place in cooler. If you do not use it later for seasoning, discard in the trash. Do not pour down sink drains!!!)**

Cinnamon Rolls (frozen) – Leave these in the freezer until ready to cook. Bake according to package directions on parchment paper liners on the large trays. Make the icing/glaze from powdered sugar and milk to stiff consistency. While rolls are still warm, cover with icing. Using the pancake batter dispensers makes this very easy. Place trays in the warmer to keep warm and moist.

Overnight Egg Casserole –

84 bread slices	28 cups of cubed ham
21 cups shredded cheese	140 eggs or 6 bags
28 cups of milk	salt and pepper to taste

Spray the casserole pans/steamer trays with Pam. Place the bread in the pans – 6 slices in each pan. (These amounts may vary depending on pan sizes) Put the ham on top of the bread. Sprinkle with cheese. Blend eggs, milk, salt and pepper. Pour eggs over the cheese. Bake at 350 degrees for (1-1/2 hours) starting out in a cold oven. Rotate and watch the middle of casserole. Make sure that the middle of the casserole is done.

Lunch Meals

Friday

Suggested Menu:

Chili/ Baked Potato/ Toppings

Oven Palanca

Coffee/ Milk/ Soft Drinks

Chili – Packaged in large cans or frozen. Heat and serve in bowls with oyster crackers.

Baked Potatoes – Bake potatoes for 1-1.5 hours at 325 degrees in the convection oven. Count 120 potatoes wash, oil and salt, and wrap in foil. Please check potatoes and rotate them if necessary. Put cooked potatoes in the warmer. Serve with sour cream, butter, grated cheese and bacon bits. Put toppings in bowls and serve family style.

Oven Palanca – Place assorted oven palanca on trays.

Lunch Meals

Saturday

Suggested Menu:

Chicken Salad/Croissants or
Hamburgers/ Hot Dogs/ Chips
Oven Palanca
Coffee/ Milk/ Soft Drinks

Chicken Salad:

20 lbs. diced chicken	7 Cups chopped celery
12 oz. Honey	3 teaspoons Pepper
6 cups Mayonnaise	

Mix all ingredients together and allow to stay in the refrigerator for 24 hours before serving. Measure 2/3 Cup per plate and serve on leaf lettuce.

Hamburgers – Patties come frozen. Cook about half done in convection oven and finish on charcoal grill.

Hot Dogs – Use leftover chili for hot dogs. It is suggested to partially cook in boiling water and then transfer to grill.

Oven Palanca – Place on trays and cover with plastic until needed.

Lunch Meals

Sunday

Suggested Menu:

Tossed Salad/ Chicken Fricassee/(Chicken Pot Pie if unable to get Fricassee)/ or Deli sandwiches
Oven Palanca
Coffee/ Milk/ Soft Drinks

Chicken Fricassee - Comes in casserole pans ready to cook – Place pastry dough sheet on top and follow package directions. If cooking in the convection oven, remember it has a hot spot. The pans must be turned often. Someone needs to stay with it to keep it from burning.

Chicken Pot Pie – Follow package directions. Must be thawed.

Deli Sandwiches – prepare sandwiches with meat and cheese, putting condiments on the tables. Alternately you can prepare a meat tray for each table. Slice tomatoes and break apart lettuce. Serve chips instead of salad

Tossed Salad –

Oven Palanca – Place on trays and cover with plastic until needed.

Dinner Meals

Friday

Bar-B-Q/ Corn on the Cob/ Cole Slaw/Texas Toast/ Pickles or
Salad/Chicken Divan with Rice/Mixed Veggies or
Spaghetti/Texas Toast/Mixed Veggies
Oven Palanca
Coffee/ Milk/ Soft Drinks

Bar-B-Q – Packaged in buckets or frozen. Heat and keep warm.

Corn on the Cob - Comes frozen and must be boiled.

Cole Slaw – Comes in packages. Add dressing.

Texas Toast – Container directions

Chicken Divan –

1 gallon sour cream	1 gallon mayonnaise
7 teaspoons of curry powder	14 teaspoons of lemon juice
21 cups grated cheese	28 10 oz. Packages of frozen broccoli

1 gallon of chicken soup – 3 large cans or 14 small ones

56 chicken breasts or 12 pounds of shredded chicken (2 cups per dish)

1 gallon bread crumbs or buttered crackers

Directions for 14 Casseroles:

1. Spray casserole dishes with lots of Pam.
2. Cook broccoli according to package directions.
3. Combine soup, sour cream, mayo, lemon juice, curry powder and stir well.
4. Put bread crumbs in large bowl. Pour 2 sticks of melted butter over crumbs & toss.
5. To assemble:
 - Put approx. 2 ½ cups of cooked broccoli in each dish
 - Add 2 cups of cooked chicken
 - Add 3 cups of soup mixture
 - Add 1½ cups of cheese
 - Sprinkle 1½ cups of buttered crumbs
 - Cover with foil

Bake at 400 degrees for 45 minutes

Tossed Salad –

Rice – Follow directions on package (1 cups of rice to 2 cups of water).

Make 20 cups of dry rice. Do Not Burn!!! This should be enough for 14 bowls of rice. Season with salt and butter. Spray pots with lots of Pam.

Mixed Veggies – Boil until tender, season to taste.

Rolls – Remove from freezer 3 hours before dinner. Put on trays and put close to stove. Follow directions on package for baking. Do not overcook or prepare too soon.

Oven Palanca – Place on Trays and cover with plastic until needed.

Dinner Meals

Saturday

Pork Loin/ Brown Gravy/ Potatoes or
Lasagna
Green Beans
Dinner Rolls
Brownie Ice Cream Sunday
Coffee/ Milk/ Soft Drinks

Pork Loin – Wash pork loins and rub with Accent, Mrs. Dash, add salt and pepper. Place sliced onions on top and around bottom of the loins. Add about 1 cup of water. Bake covered loosely with foil in the convection oven at 350 degrees for about 2 ½ - 4 hours or until done. (Cooking time may vary depending on size of each roast – check the wrapper/package directions). Slice loins to serve 120 people – about ¼” thick.

Brown Gravy – Comes in packages, mix and pour over potatoes and loin roast as served. Two packages of gravy should be enough.

Potatoes – Packaged in “boil in the bag” containers. Prepare according to directions on the bag.

Lasagna – Prepare according to package directions.

Green Beans – Warm 5 cans of bean on stovetop on low heat. Season with bacon grease or bacon bits, salt, pepper, accent and Mrs. Dash, adding water as needed. Keep warm until ready to serve.

Rolls – Remove from freezer 3 hours before dinner. Put on trays and put close to stove. Follow directions on package for baking. Do not overcook or prepare too soon. Placing in the warmer about 1 hour before dinner is usually sufficient to warm the rolls.

Brownies, Ice Cream & Syrup – Use brownies from oven palanca, put two scoops of ice cream on top and cover with hot chocolate syrup, or Cheese cake (oven Palanca may be served). Alternately, cobbler from the food supplier may be served with ice cream.