



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. Only items/meals listed on this menu have been approved for purchase by the secretariat. If you are requesting special items not listed in this menu book, they will need to be palancaed. We must be good stewards of God's money.

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. You will find listed in this menu book options for each meal. Go over the menu items with the Rector to see if they have any preferences before deciding on meal entrees. Be sensitive to special needs of potential candidates during your planning. You will find options for special needs diets listed. Special needs diets must be for medically necessary candidates only.
2. Food Order – The Food Couple will provide the list of items ordered/brought to the ARC to the Head Kitchen. It is the responsibility of the Head/Assistant Head kitchen to be at the camp when the truck delivers the food.

Breakfast Meals

Option 1:

Suggested Menu:

Scrambled Eggs/ Bacon/ Grits
Blueberry Muffins / Banana Nut
Cereal/Fruit/Yogurt
Hashbrown Casserole
Juice/ Coffee/ Milk/ Soft Drinks

Option 2:

Suggested Menu:

Scrambled Eggs/ Sausage OR Bacon
Leftover Muffins or /Biscuits and Gravy/
Grits/Hashbrown Casserole / Cereal/Fruit/Yogurt
Juice/ Coffee/ Milk/ Soft Drinks

Option 3:

Suggested Menu:

Overnight Breakfast Casserole
or Scrambled Eggs/Sausage /or bacon and
French Toast Casserole or Cinnamon rolls
Cereal/Fruit/Yogurt
Juice/Coffee/Milk/Soft Drinks

Breakfast Meals

Instructions:

Fresh eggs – You will need two cases of eggs per meal. 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 several ways: in the large cast iron skillets or cook them in the oven. If you cook them in a skillet, do not turn the heat up high. Cook in small batches and place in serving bowls in warmer covered.

Bacon – You will need two boxes per meal. 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. **(You can 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!!!)**

Sausage – (Two Cases per meal) 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 for sausage gravy if you are making homemade gravy or you can use the package of gravy located in the pantry). **Discard grease in the trash. Do not pour it down sink drains!!!)**

Package 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, to make gravy or use packaged sausage browned.

Grits/Cheese 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.) If you are preparing cheese grits, just add cheese.

Breakfast Meals

Instructions cont.

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.

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

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.

Breakfast Meals

Recipes

Hashbrown Casserole – Makes ~ 90 servings (half pans)

288 oz frozen shredded hash browns defrosted (You can set out the hash browns the night before and when thawed, place in the fridge until ready to put together.)

4 ½ cups melted butter

9 - 10 ¼ ounce can of cream of chicken soup

9 pints sour cream (18 cups)

4 ½ cups finely chopped onion

18 cups cheese grated

2 ¼ teaspoons pepper

Preheat oven to 350 degrees.

Combine all ingredients in a large bowl reserving 1 ½ cups cheese for topping.

Place in a greased pan and top with remaining cheese.

Bake for 45-55 minutes or until hot and bubbly.

Overnight Egg Casserole

84 bread slices

21 cups shredded cheese

28 cups of milk

28 cups of cubed ham

140 eggs or 6 bags

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.

Breakfast Meals

Recipes

French Toast Casserole - 112 servings

6 cups melted butter
11 cups packed light brown sugar
11 loaves Texas Toast fresh sliced bred (not frozen. Don't use other breads.)
50 large eggs
20 cups whole milk
11 Tablespoons vanilla extract
5 Tablespoons Cinnamon
Powdered sugar for sprinkling
Pancake syrup for serving

This should make 10 aluminum half pans with 12 servings per pan.

Put butter in a microwave safe bowl and microwave in 20 second increments, stirring in between, until melted. Pour ¼ cup into bottom of aluminum half pan that has been sprayed with cooking spray.

Mix brown sugar and cinnamon together in a bowl. Set aside.

Beat eggs, milk and vanilla until incorporated. Set aside

Lay a single layer of Texas Toast in pan over melted butter, cutting pieces to fit (5 slices). Sprinkle bread with some of the brown sugar/cinnamon mixture. Spoon 1 cup of egg mixture evenly over bread. Repeat with second layer of bread using 5 slices again, sprinkle with brown sugar/cinnamon mixture and another cup of egg mixture. Try to get the egg mixture evenly soaked into the bread slices. Repeat until you have 10 aluminum half pans filled with 2 layers of French toast.

Cover pans and chill overnight in fridge.

Bake at 350 degrees for 40-45 minutes – covered for the first 30 minutes and uncovered after that. Sprinkle with powdered sugar. If desired, serve with pancake syrup.

Lunch Meals

Option1:

Suggested Menu:

Chili/ Baked Potato/ Toppings

Soup & Sandwiches

Broccoli Cheddar Soup

Beef Taco Soup

Tomato Soup

Cheesy Potato and Corn Chowder

Potato Soup

Salad

Oven palanca

Coffee/ Milk/ Soft Drinks

Option 2:

Suggested Menu:

Chicken Salad/Croissants / chips or

Deli Sandwiches/Chips or

Hamburgers/ Hot Dogs/ Chips

Oven palanca

Coffee/ Milk/ Soft Drinks

Option 3:

Suggested Menu:

Pizza

Tossed Salad

Oven palanca

Coffee/ Milk/ Soft Drinks

Lunch Meals

Instructions

Chili –Heat and serve in bowls with crackers.

Baked Potatoes – Bake potatoes for 1-1.5 hours at 325 degrees in the convection oven. Count 112 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. Put toppings in bowls and serve family style.

Hamburgers – Patties come frozen. Cook in convection oven or on charcoal grill.

Hot Dogs – Use leftover chili for hot dogs. Cook in convection oven, boil or on charcoal grill. Transfer to warmer until ready to serve.

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

Pizza

Order 30 Large pizzas from Dominos or Papa Johns on Saturday night, and have the Walmart Chas pick them up around 11:30 am on Sunday.

Tossed Salad – Romaine Lettuce, spring mix, tomatoes, cucumbers

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

Lunch Meals

Recipes

Recipe #1 - Chicken Salad:

20 lbs. diced chicken

12 oz. Honey

6 cups Mayonnaise

7 cups chopped celery

3 teaspoons pepper

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.

Recipe #2 – Chicken Salad

Diced chicken

Bread and butter pickles

Sweet onion

Pecans

Grapes

Pepper

Mayo

Beef Taco Soup – 50 Servings

11 lbs ground beef (80/20)

3 onions chopped

4 bell pepper (chopped)

5 Tablespoons garlic minced

127 oz beef broth

148 oz diced tomatoes (crushed tomatoes are fine too)

3 packets taco seasoning

27 ounces salsa

3 - 8 ounce blocks of softened cream cheese

2 – 9 ounce cans whole kernel corn

5 cups heavy cream

Toppings – Fritos, Cheddar Cheese, Jalapenos, Sour Cream

Sauté onion and bell pepper in oil. Brown ground beef and mix with onions and peppers. Add broth, garlic, tomatoes, ground beef, corn, salsa and taco seasoning to a pot and bring to a boil.

Lunch Meals

Make sure cream cheese is very soft (can put in microwave to soften). Once softened, add to soup along with heavy cream. Allow to cook until cheese is melted everything has mixed together well.

Serve with Fritos, Cheddar Cheese, Jalapenos & Sour Cream,

Broccoli Cheddar Soup – 60 Servings

3 cups salted butter
3 white onions finely diced
6 bags (16 oz each) frozen chopped broccoli
12 cans (14.5 oz each) chicken broth
48 oz Velveeta Cheese
3 cup shredded cheddar cheese
6 cups half and half
4.5 teaspoon garlic powder
1.5 cup cornstarch

In a large soup pot, over medium-high heat, add the butter and chopped onion. Cook until softened, stirring frequently to prevent burning, for about 5-7 minutes.

Add the frozen chopped broccoli and chicken broth (RESERVE 3 CUPS BROTH FOR CORNSTARCH SLURRY). Bring to a boil, you may have to increase the heat as needed, once boiling reduce heat to medium and let it simmer for 20 minutes or until broccoli is softened to your liking,

Add the Velveeta cheese. Shredded cheese. half and half, and garlic powder, Stir together and let it cook for about 20 to 30 minutes until the cheese is melted and combined.

Combine the cornstarch and reserved 3 cups chicken broth in a small bowl. Stir with a fork or whisk until mixed. Add into the soup and let it cook for about 10 minutes or until the soup is thick enough to your liking.

*Once you add the cornstarch slurry it will thicken fairly quickly so watch it carefully and make sure the heat is not too high, so it does not burn.

Lunch Meals

Creamy Tomato Soup – 50 Servings

250 ounces of diced tomatoes
125 ounces of Tomato sauce
25 Tablespoons of Tomato Paste
25 cups of chicken or vegetable broth
8 cups of heavy cream
Salt and pepper to taste
4 Tablespoons dried basil

Add diced Tomatoes, tomato sauce, tomato paste, chicken broth, salt and pepper to pot. Bring to a boil and turn down and cook on low for 45 minutes to 1 hour. Once cooked, use an immersion blender to blend soup smooth.

Once blended, add cream and add basil and reheat. Serve warm.

Cheesy Potato and Corn Chowder - ~ 105 servings

30 Tablespoons butter
45 cups of diced potatoes
15 cups chopped celery
15 cups chopped onion
15 diced carrots
30 (14.5 oz) cans chicken broth
15 (15 oz) cans kernel corn drained
15 (4 oz) cans green chiles drained
15 bay leaves
2.5 oz country style gravy mix
38 cups milk
15 cups shredded Mexican cheese
15 cloves garlic – mashed

In large pot, melt margarine over medium high heat. Add celery, onion, carrots, and garlic. Cook until tender.

Add chicken broth and bay leaves, bring to boil. Add potatoes and cook over low heat for 13-15 minutes or until potatoes are slightly soft.

Stir in corn and chiles; return to boiling. Remove bay leaves.

Dissolve gravy mix in milk; stir into boiling mixture and cook 3-5 minutes until begins to thicken. Add cheese. Cook and stir over LOW heat until cheese is melted.

Lunch Meals

Potato Soup – 115 servings

75 large potatoes, peeled and cubed

8 tsp. salt to taste

Crumbled cooked bacon pieces to serve (bacon left over from breakfast)

9 sticks unsalted butter

4 large onions, finely chopped

4 cups all-purpose flour

48 cups whole milk

48 cups chicken broth

19 cups shredded cheddar cheese

14 cups sour cream

5 tsp pepper, or to taste

Instructions

Place cubed potatoes into a pot and completely cover with water. Cook until potatoes pierce easily with a knife and then drain them.

Add butter and chopped onions in a separate pot, then sauté until tender. Quickly whisk in the flour. Slowly add milk and chicken broth, whisking constantly bringing to a soft boil.

Add drained potatoes and season soup with salt and pepper to taste.

Stir in sour cream, shredded cheddar, and cooked bacon. Bring to a boil, then remove from heat and serve with your favorite toppings.

*Vegetarian: Use vegetable broth instead of chicken broth, and do not use bacon. You can make smaller quantities for vegetarians.

Chili

Can be purchased either canned or frozen.

Dinner Meals

Thursday

The Secretariat will provide \$150 toward the reception food for the Thursday night reception that the team did not sign up for.

A few suggestions for Thursday:

Nacho Bar

Heavy Hors d'oeuvres

Sit down meal

Friday and Saturday Night

Option 1:

Bar-B-Q pulled pork Cole Slaw/ Baked Beans/ Buns

Chicken Divan with Rice/Mixed Veggies/ Salad/ rolls

Spaghetti/ Mixed Veggies/Roll

Ritz Cracker Chicken/Mac & Cheese/Mixed Veggies or green beans/
roll/ salad

Chicken Enchiladas/Refried Beans/Spanish Rice/chips & salsa

Chicken Parmesan/ Mac & Cheese/Mixed Veggies or green beans/
roll/ salad

Oven palanca

Coffee/ Milk/ Soft Drinks

Option 2

Pork Loin/ Brown Gravy/ Mashed Potatoes/ Green beans

Lasagna / Salad Green /mixed veggies or green beans
Dinner Rolls

Brownie Ice Cream Sunday or Cheesecake or oven palanca or cobbler

Coffee/ Milk/ Soft Drinks

Instructions

Bar-B-Q – If using frozen, heat and keep warm OR cook Boston butts in convection oven.

Cole Slaw – Comes in packages. Add dressing and serve.

Tossed Salad – used romaine and mixed greens, tomatoes, carrots, cucumbers.

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.

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 or you can make homemade. See recipe below.

Spaghetti – Sauce comes in large cans. If serving meat sauce, brown ground beef, onion and garlic. Drain fat from meat and combine with sauce. Serve over noodles.

For GF people: serve over Gluten Free noodles

For Vegetarian people: serve sauce without meat

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

If anyone is vegetarian, Do NOT season with bacon or grease.

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 or purchase premade from Sam's, put two scoops of ice cream on top and cover with chocolate syrup, or Cheesecake (oven palanca may be served). Alternately, cobbler from the food supplier may be served with ice cream.

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

Recipes

Chicken Divan

1-gallon sour cream (2-5# tubs) 1 gallon mayonnaise
7 teaspoons of curry powder 14 teaspoons of lemon juice
21 cups grated cheese (10 lbs) Frozen broccoli
1 gallon of chicken soup – 5 large cans or 14 small ones
48 chicken breasts or 12 pounds of shredded chicken (2 cups per dish)
1-gallon breadcrumbs or buttered crackers or 128 oz

Directions for 14 Casseroles:

1. Spray casserole dishes with lots of cooking spray (Pam).
 2. Cook broccoli according to package directions.
 3. Combine soup, sour cream, mayo, lemon juice, curry powder and stir well.
 4. Put breadcrumbs 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

Cole Slaw Dressing ~ 2/3 cups (adjust as needed for amount of slaw)

- ½ cup mayonnaise
- 2 tablespoons white sugar
- 1 ½ tablespoons lemon juice
- 1 tablespoon vinegar
- ½ teaspoon ground black pepper
- ¼ teaspoon salt

Whisk mayonnaise, sugar, lemon juice, vinegar, pepper, and salt together in a bowl until smooth and creamy.

This recipe makes enough dressing for a 14-ounce bag of coleslaw mix, or about 8 cups of shredded cabbage and carrots. Make the dressing in advance and refrigerate until you're ready to put it to use. When it comes time to serve, simply toss the coleslaw in the dressing.

Chicken Enchiladas – 112 Servings

224 flour tortillas – 8 inch – 2 enchiladas per person
28 lbs chopped or shredded cooked chicken – baked in oven
14 blocks of cream cheese softened
15 lbs. of shredded cheese (Monterey jack or mozzarella (3 – 5 pound bags from Sams)
2 Tablespoons of onion powder
2 Tablespoons garlic powder
2 Tablespoons of salt
1 Tablespoons of pepper
12 large cans green enchilada sauce

Use aluminum half pans or aluminum full size pans to cook the enchiladas.

Bake chicken in oven covered with foil at 350 degrees for 1 hour. Cool. Shred or chop chicken.

Mix softened cream cheese, onion powder, garlic powder, salt and pepper, 8 cups of shredded cheese. Add shredded/chopped chicken to cream cheese mixture.

Using 1/3 to 1/2 cup of mixture, place on tortilla, roll and place in pan seam side down. Once pan is full, cover with green enchilada sauce and top with shredded cheese.

Bake at 350 degrees for about 30 minutes or until cheese is melted and bubbly.

Chicken Parmesan – 112 Servings

112 purchased breaded chicken breasts
6 big containers of Prego spaghetti sauce
2 – 5 bl bags Mozzarella cheese

Bake the chicken for about 30 minutes or until cooked through. Remove from the oven and top with 2 or 3 tablespoons of Prego and mozzarella cheese. Place back in oven until cheese melts.

Lasagna –112 Servings

20 lbs ground beef
10 cloves garlic, chopped
8 bell peppers (green, red, yellow or a mixture)
6 cups mushrooms
4 cups onion, chopped
3- #10 cans tomato sauce
2- #10 cans diced tomatoes
¼ cup basil
¼ cup oregano
¼ cup thyme
8 Tablespoons salt
4 Tablespoons pepper
13 lbs ricotta cheese
18 eggs
13 lbs mozzarella cheese, grated
3 lbs Parmesan Cheese
5 ½ lbs of lasagna noodles

Crumble ground beef and cook until partially done, add garlic, peppers, mushrooms, and onions and continue cooking until done.

Beat eggs and ricotta cheese together and set aside.

In a large pot put tomato sauce and diced tomatoes and begin heating on medium heat. Add meat and veggie mixture then add seasonings. Cook until heated through.

Layer meat sauce mixture, noodles, ricotta mixture, and mozzarella. Repeat layers ending with topping of mozzarella and parmesan cheese.

Bake at 350 degrees for 1- 1 ½ hrs. Remove from oven and let stand 15 minutes before serving.

Spaghetti

Spaghetti sauce comes premade from distributor. Brown ground beef and mix with spaghetti sauce. Season with salt and pepper.

Cook spaghetti noodles according to package.

Special Diet Options

Gluten Free

Cereal: Cheerios, Rice Chex, Lucky Charms, Fruity Pebbles

Muffins: Krusteaz Blueberry Muffin Mix or Gluten Free Cinnamon Muffins

Hashbrown Casserole: Can be made with Gluten Free Cream of chicken or Gluten Free Cream of Mushroom

Publix carries Pacific brand

Breakfast Gravy: Food City carries Pioneer Instant Gravy

Brown Gravy: GF (be sure to separate before serving so as not to cross contaminate)

Overnight Breakfast Casserole: Substitute GF Bread

French Toast Casserole: Shelbi Goble providing recipe

Chili: GF Chili Seasoning (Find at Food City)

Hamburgers: GF buns (Walmart or Trader Joes carry them)

Hot Dogs: GF buns

Pizza: GF Frozen Pizza

Beef Taco Soup: GF Taco Seasoning

Lasagna: GF Noodles – Make with GF noodles in individual pans, assemble and bake

Brownies: Krusteaz Mix

Chicken Divan: use buttered crackers (Food City carries them)

Chicken Enchiladas: substitute tortillas

Chicken Parmesan: Make without breaded chicken – JUST GRILL CHICKEN BREAST

Other Special Diet Needs

This menu will accommodate a Vegan diet, Gluten Free Diet and Dairy Free diet.