

Meal Ideas

Presentation of Food

ASK CASSIE :)

Breakfast Ideas

Ideas for teams that are providing breakfast for the retreat
Budget \$5/person per breakfast

With Full Kitchen:

Pancakes (syrup), Eggs (salt and pepper), Fruit - Banana (cut in half), cuties, apples (sliced),
Bagel with cream cheese

Without Full Kitchen:

1 option: Muffins, Fruit - Banana (cut in half), cuties, apples (sliced), Bars (food allergy friendly)

2 option: Bojangles - Sausage Biscuits, (Adjust for allergies), Fruit - Banana (cut in half), cuties, apples (sliced)

Example of a breakfast grocery list:

XXXX Person, \$5/person per day

	Number per 10 people/meal	Estimated Cost
Made Well Bars (pack of 5)	2	7.20
Plain Bagels (pack of 6, separate halves)	1	2.70
Cream Cheese	1	4.13
Muffins (4 count, cut in half for 8)	2	10

Bananas (4-7)	2	2.44
Apples Pre Sliced	1	4.14
Coffee Grounds	1	6.20
Creamer	1	3.60
Total		\$45 (w/tax)

Please note, there will be a difference between smaller and larger retreats for certain food items like cream cheese or creamers - single serve vs big bottle for everyone to share. Be sure to think through the flow of how people will grab the food and there is enough time to do so.

Sams or Costco ideas:

- Muffins, bagels, bananas and apples in larger quantities
- Cream cheese and creamer in individual packets or a big tub/bottle
- Coffee and creamer in huge container (non perishable)

*Coffee maker - check to see if there is one on site, if not borrow from church or staff member

Pro Tip: Order online so you can adjust and know the price as you are going.

Lunch/Dinners

- **Pizza** - Order 2.5 slices per person and a mix of cheese and pepperoni
- **Chipotle Catering**- Single, In counts of 5 (if you have 43 people please select 45 people), Bases: A rice and bean, Protein: Chicken, Toppings: Veggies and Cheese, Salsas: Any 2, Tortilla: Soft Flour

Snacks

Double check and stay within budget, typically a couple of dollars allocated per person. Snacks are great to have in general but also be a way to serve freshmen well or even can create memorable moments.

- General Snacks Ideas: Fruit snacks, goldfish, cheese-it (buy in bulk)

- After a hot event outside, pass out popsicles
- Example at Rooted: After dance party, they have non brand cereal and everyone had a bowl of cereal together
- Example at Junction: They have a dirty soda bar (soda with fun mix in like syrup, creamer, etc...)

Waterbottles

- Please double check that a water bottle is listed on the packing list.
- Communicate where people can refill their water bottles
- Purchase water bottles in bulk for meal times???

Dietary Restriction Meal Ideas

- Ideas for Dietary Restrictions that include Gluten Free, Nut Free, Dairy Free and Vegetarian options.

Store Bought Ideas:

Breakfast

1. **Fruit Cups:** Pre-packaged fruit cups or fresh cut fruit from grocery stores like Walmart, Target, or local supermarkets.
2. **Gluten-Free, Dairy-Free Granola Bars:** Brands like KIND, LÄRABAR, and MadeGood, available at stores like Walmart, Target, and Whole Foods. Be sure to choose nut-free options.
3. **Smoothies:** Pre-made smoothies from brands like Naked Juice or Odwalla, available at most grocery stores.

Lunch

1. **Vegetarian Sushi Rolls:** Pre-made veggie sushi from grocery stores like Trader Joe's, Whole Foods, or local supermarkets.
2. **Salad Kits:** Many grocery stores offer salad kits that are vegetarian, gluten-free, dairy-free, and nut-free, such as those from Taylor Farms or Earthbound Farm.
3. **Rice Bowls:** Pre-made rice bowls with vegetables and tofu from brands like Amy's Kitchen, available at stores like Target, Whole Foods, or local supermarkets.

Dinner

1. **Gluten-Free, Dairy-Free Frozen Meals:** Brands like Amy's Kitchen and Evol offer vegetarian, gluten-free, dairy-free, and nut-free options, available at most grocery stores.
2. **Vegetable Soups:** Pre-made soups from brands like Pacific Foods or Imagine, which offer gluten-free, dairy-free, and nut-free options, available at stores like Walmart, Target, and Whole Foods.
3. **Pre-Packaged Meals:** Companies like Freshly and Purple Carrot offer meal delivery services with options that meet these dietary restrictions.

Snacks

1. **Veggie Chips:** Pre-packaged veggie chips from brands like Terra or Sensible Portions, available at most grocery stores.
2. **Pre-Cut Veggies with Hummus:** Pre-packaged veggie and hummus packs from brands like Sabra, available at stores like Walmart, Target, and local supermarkets. Ensure the hummus is nut-free.
3. **Dried Fruit:** Pre-packaged dried fruit snacks from brands like Trader Joe's, Target, and Whole Foods. Choose nut-free options.

Chick-fil-A options that cater to vegetarian, dairy-free, gluten-free, and nut

Breakfast

1. **Fruit Cup:** A mix of fresh fruit that's naturally gluten-free, dairy-free, vegetarian, and nut-free.

Lunch/Dinner

1. **Grilled Nuggets (8- or 12-count):** These are gluten-free, dairy-free, and nut-free, though not vegetarian. You could pair these with other options to accommodate different dietary needs.



2. **Market Salad (without chicken, cheese, and nuts):** This salad includes mixed greens and fresh fruit. Ensure to ask for it without chicken, cheese, and nuts to make it vegetarian, dairy-free, and nut-free.
3. **Spicy Southwest Salad (without chicken, cheese, and nuts):** A mix of greens, grape tomatoes, and a blend of spicy flavors. Request it without chicken, cheese, and nuts to meet the dietary restrictions.
4. **Grilled Chicken Cool Wrap (without chicken, cheese, and nuts):** If you need a gluten-free option, ask to replace the wrap with a bed of greens and other veggies, ensuring no nuts are included.

Sides

1. **Waffle Potato Fries:** These are gluten-free, dairy-free, vegetarian, and nut-free.
2. **Side Salad (without cheese and nuts):** Fresh mixed greens and veggies, request without cheese and nuts.
3. **Superfood Side (without nuts):** A mix of broccolini and kale with a maple vinaigrette, ensure to ask for it without nuts.

Snacks/Desserts

1. **Apple Sauce:** A simple, healthy, and allergen-free snack option.

Sauces

1. **Barbecue Sauce:** Gluten-free, dairy-free, and nut-free.
2. **Honey Mustard Sauce:** Gluten-free, dairy-free, and nut-free.
3. **Polynesian Sauce:** Gluten-free, dairy-free, and nut-free.

You can order these options from Chick-fil-A locations or through their app for pickup or delivery. Be sure to specify any modifications needed to meet the dietary restrictions and ensure no cross-contamination with nuts.