

## Advertisement

(Posted around ISC, on Facebook/Instagram)

A flyer for a Luau Party with a dark blue background and tropical leaf patterns in pink and teal. The title 'LUAU PARTY' is in large white letters. The date and time 'MARCH 18 2021 • 11:30AM-12:30PM • ISC 353' are in pink. The menu items are in white, with descriptions in smaller white text. There are two neon-style price tags: '\$5 Pick Up' in the top left and '\$6 Delivery' in the bottom right.

**LUAU PARTY**

MARCH 18 2021 • 11:30AM-12:30PM • ISC 353

**MENU** RSVP to Jen at [jnelso54@cord.edu](mailto:jnelso54@cord.edu) or 218-299-4442

**CHICKEN TERIYAKI**  
Chicken sauteed with an assortment of vegetables and served with a homemade teriyaki sauce

**PINEAPPLE CASHEW RICE**  
A bed of white rice with fresh pineapple tidbits and cashews

**TROPICAL FRUIT SALAD**  
A combination of bright and colorful fruits

**PISTACHIO DESSERT**  
Mouthwatering pastry covered with a cream cheese filling and pistachio pudding topped with whipped cream

**\$5 Pick Up**

**\$6 Delivery**

Video link

<https://youtu.be/7-WbJaCseME>

QR code to google document with survey link, nutrition info, and storage information





## **Student Worker Schedule**

### **Tuesday**

Kaitlyn: Dessert

Sophie: Dessert

Maysen: Dessert

dessert should take the whole time, about an hour and a half

Noah: chop pineapple for rice

Pineapple should take 30 minutes at the most. Cut into small half inch pieces (tidbits)

Emma: Prep veggies for stir fry

Paige: Prep veggies for stir fry

Abby: prep veggies for stir fry

Veggies should take about 45 minutes. Cut them into 1 inch bit size pieces

Nick: cut chicken

Taylor: cut chicken

Lewis: cut chicken

Should take 45 minutes. Cut the chicken into 1 inch bit size pieces.

### **Thursday**

Emma and Abby:

Turn on steamer and make sure it works

Make and cook rice in steamer check at 20 minutes

Mix together pineapple topping

Mix rice and pineapple topping together and add to warmer

Kaitlyn: Turn on warmer, steam jacketed kettle, and dishwasher with Dr. Strang's help. When that is done roll silverware

Nick, Lewis, Paige, Sophie: Cut up fruit for fruit salad into bite size pieces and mix together, put fruit in plastic containers

Maysen and Sophie: Mix teriyaki sauce

Emma and Abby : cook chicken in oven

Noah: cook veggies in steam jacketed kettle and add sauce and chicken

(add stir fry to warmer)

11:15

Maysen : sprinkle pistachios on top of bars and cut them

11:30

Plating:

Stir Fry: Emma

Rice: Noah

Fruit: Paige

Dessert: Maysen

Putting silverware and QR code with box: Kaitlyn

Servers: Lewis

Delivery: Nick, Sophie

Dishes: Abby

### **Equipment Schedule:**

Prep Day:

1:00pm

- 7 Cutting boards
- 7 knives:
  - 4 chef's knives (3 for chicken and 1 for pineapple)

- 3 paring knives for peppers, broccoli, and 1 for dessert prep (to chunk the butter)
- 1 large container for chicken
- 2 containers for veggies (1 large, 1 medium)
- 1 small container for pistachios
- 1 Food processor
- 6 9x13" pans for dessert
- 2 rubber spatulas
- 2 stand mixers
- 1 liquid measuring cup
- 3 large mixing bowls
- 3 whisks
- 3 ovens preheated to 350°F

Meal Day:

10am

- 2 12x20x2 pans for rice,
- Convection steamer
- 5 baking sheets(for chicken)
- steam jacketed kettle
- 1 large mixing bowl
- Measuring spoons
- Liquid measuring cups
- Whisk
- paring knives for cutting the grapefruit and grapes
- chef knives for pineapple

- Cutting boards
  - 1 for pineapple, 1 for grapes, 1 for oranges, 1 for grapefruit

11:15am

- Paring knife for cutting the dessert
- Scoop for portioning fruit salad in 4 oz cups
- #5 disher for rice ( $\frac{3}{4}$  cup)
- #8 disher for veggies and rice ( $\frac{1}{2}$  cup)

### **Plate contents**

- We are only doing to go and delivery orders. We will be using a to go box, a plastic cup, fork and napkin for plating.
- In the large compartment of the to go container we will have the rice and the chicken on top of each other. The rice has a lot of color because of the pineapple and cashews. The coconut, cashews and pineapple also adds some texture that rice normally doesn't have. The stir fry has some color as well because of the peppers and broccoli. The chicken and the vegetables will be cooked separate to control the texture of the end product. It also has teriyaki sauce and that will make it all very flavorful and make it moist.
- The fruit salad will go on the side in a separate container but it will be put in the to go box. We tried to get as many colors as possible in the fruit salad. We are using green grapes, oranges, pineapple, and grapefruit. We also are not going to cut up the fruit until the day of to make sure that the fruit is not mushy and has the best texture possible.
- For the dessert we will be putting the bars in the other small compartment in the to go box. The bars have a flaky crust and pistachios on top to add a crunchy texture. And the three layers of filling are different levels of creamy because of the pudding and cream cheese and fluffy because of the cool whip.

### **Plate assembly**

- We will have an assembly line because all the hot food will be ready in the warmer. And the fruit salad will already be in individual plastic containers. And the dessert will be cut up and on the counter next to the warmer. We will have one person scoop the rice and stir fry, one person place the fruit in and one person put a pistachios bar into the to go box. We will then have a couple people running food out to people as they come and get it. We will also have a couple people delivering food. Each meal will have a napkin and a



fork with it. Also the flyer (QR code) that contains the survey, nutrition information, and the food safety information for the meal.



### **Plate Layout**

Our layout was almost exactly like the diagram shown above; we did forget to take a picture of our final plated foods. We took into consideration how most restaurants serve chicken and rice; so we decided to put the rice on the bottom and top it with the chicken and veggies. In the other 2 compartments that were smaller we had the fruit cup and dessert. The fruit cup was already in a plastic 4oz container and fit perfectly in the to-go boxes. The dessert was cut really big and was put in the other compartment, trying to not let the Cool Whip touch the other foods that were being served. Overall we had to think about how we were wanting to eat the food and

how we could make it look the best. Our first to-go dish had an upside down dessert; so we had to redo that one, and after that mishap it was smooth sailing with the dessert.

## Nutrition Analysis

**Rice recipe** (make 2 of this recipe) (yields 50 for 1 recipe)

3 lbs 8 oz dry rice  
2 tbsp salt  
2 tbsp margarine  
4 ½ qt water

- 1) Weigh rice in a 12 X 20 X 2 inch hotel pan. Add salt and margarine.
- 2) Pour boiling water over and stir.
- 3) Steam for 30-40 minutes uncovered. Check at 20 minutes.
- 4) Add pineapple coconut mixture and stir
- 5) put in warmer until ready to serve
- 6) Serve (¾ cup portions)

**Pineapple coconut cashew topping (enough for 2 pans of rice)**

3 Cut pineapple  
3 cups of Coconut flakes  
1 cup Thai red curry paste  
¼ cup and 1 tbsp Garlic powder  
3 tablespoons Onion powder  
3 tablespoons Ground ginger  
3 tablespoons Salt  
2 teaspoons Pepper  
3 cups Lime juice  
8 cups Salted roasted cashews

- 1) Mix coconut flakes, thai red curry paste, garlic, ginger, salt, pepper, cashews and lime juice into a bowl
- 2) Add the pineapple mixture to rice when it is done steaming
- 3) Put in warmer

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>330</b>
% Daily Value*	
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 1.614g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 690mg	<b>30%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrition Facts	
1 servings per container	
Serving size	1 bar
Amount Per Serving	
Calories	380
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 9.95g	50%
Trans Fat 1g	
Cholesterol 25mg	8%
Sodium 390mg	17%
Total Carbohydrate 48g	17%
Dietary Fiber 0g	0%
Total Sugars 32g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Stir fry (4 oz portion) (yields 65)

4 cups 1 tbsp soy sauce  
4 cups 1 tbsp rice vinegar  
1 ½ cup of honey  
⅓ cup sesame oil  
⅔ cup ground ginger  
⅔ cup corn starch  
1/2 cup of garlic  
1 cup olive oil  
16 lbs of chicken  
8 lbs broccoli  
6 lbs bell peppers

- 1) Cut up vegetables and chicken into bite size pieces (should have been done on tuesday)
- 2) Coat cut chicken with ½ cup olive oil and spread onto a baking sheet
- 3) Bake at 420°F for 10 minutes and temp the largest piece
- 4) The chicken should be at 165°F, if not put back in the oven and bake for 5 minutes more until it reaches the correct temperature
- 5) Put the cut vegetables and remaining olive oil into a steam jacketed kettle and cook until barely soft (don't want to get mushy they will cook more in sauce)
- 6) Mix the soy sauce, rice vinegar, honey, sesame oil, ginger, corn starch, and garlic together until combined in a separate bowl
- 7) Combine the chicken and sauce into the steam jacketed kettle and let simmer until the sauce thickens
- 8) Transfer to the warmer
- 9) Serve 4oz servings

Nutrition Facts	
1 servings per container	
Serving size	4 oz
Amount Per Serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 6g	8%
Saturated Fat 1.1g	6%
Trans Fat 0g	
<b>Cholesterol</b> 60mg	20%
<b>Sodium</b> 970mg	42%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 26g	52%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Fruit salad (4 oz portion) (yields 65 people)

6 pounds of green grapes

5 Pineapple

7 grapefruit

13 oranges

- 1) Cut up grapefruit, oranges and pineapple into bite size pieces. Cut grapes in half.
- 2) Mix together and refrigerate until ready to serve
- 3) Serve 4 oz servings

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>4 oz</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>45</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0.0315g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Total Nutrients per person:

<b>Calories</b>	965
<b>Total Fat</b>	40g
<b>Cholesterol</b>	85mg
<b>Sodium</b>	2050mg
<b>Total Carbohydrate</b>	120g
<b>Fiber</b>	6g

<b>Total Sugars</b>	56g
<b>Protein</b>	36g

For our meal we tried to find a meal that would represent all the food groups in it. Protein, grains, vegetables, fruit, and dairy. We also tried to make it a realistic meal that people would like and potentially recreate at home. We got the protein from the chicken, grains from the rice, veggies from the stir fry, and fruit from the fruit salad. The only dairy that was represented in the meal was from the dessert. We could have potentially made the fruit salad a parfait and added yogurt to add some more dairy to the meal. We could have also added more chicken and veggies and less rice so they got more protein and vegetables in their meal but that would have made it more expensive. We could have also used low sodium soy sauce to lower the sodium in the meal. We could have also chosen a different healthier dessert to lower the saturated fat. Overall it was a pretty balanced and healthy meal.



### Financial Analysis

Recipe	Recipe Cost	Estimated Serving Size	Cost Per Serving	Notes
Teriyaki Chicken with veggies	\$84.44	65	\$1.27	Overestimated veggies
Pineapple Cashew Rice	\$29.20	65	\$0.48	Overestimated rice, coconut
Pistachio dessert	\$34.94	72	\$0.49	Overestimated the amount we needed, truly needed 5 pans and made 6
Fruit Salad	\$35.83	65	\$0.55	Overestimated the amount of fruit we would need

Total spent together: **\$203.61** (with the paper product cost)

Cost per plate: \$3.27 (with the cost of paper products)

Total made from deliveries: \$24 (4 deliveries total, each costing \$6)

Total made from takeout: \$180 (36 to-go orders, each costing \$5)

Total made overall: **\$204**

**Profit: \$0.39**

**Pistachio Dessert**

Ingredient	Amount used	Amount purchased	Actual Cost	Recipe Cost	Cost/Serving
Milk	15 cups	16 cups	\$2.23	\$2.09	\$0.03
Instant Pistachio Pudding	12pkgs	12pkgs	\$9.36	\$9.36	\$0.13
Cool Whip	12 containers	12 containers	\$9.00	\$9.00	\$0.13
Cream Cheese	6 (8oz pkgs)	6 (8oz pkgs)	\$6.90	\$6.90	\$0.10
Flour	9 cups	-	-	-	-
Sugar	18 tbsp	-	-	-	-
Imperial Butter	9 sticks	12 sticks	\$2.34	\$1.76	\$0.02
Powdered Sugar	4 ½ cups	1lb	\$1.48	\$1.48	\$0.02
Pistachios	1 pkg	2 pkgs	\$8.70	\$4.35	\$0.06
Total	-	-	\$40.01	\$34.94	\$0.49

**Teriyaki Chicken with veggies**

Ingredient	Amount used	Amount purchased	Actual cost	Recipe cost	Cost per serving
Chicken	16lbs	16lbs	\$30.74	\$30.74	\$0.47
Multi Peppers	4pkgs	4pkgs	\$11.96	\$11.96	\$0.18
Rice Vinegar	4cups 1 tbsp	4 ½ cups	\$9.54	\$8.61	\$0.13
Soy Sauce	4cups 1 Tbsp	4 cups	\$4.74	\$4.74	\$0.07
Garlic	½ cup	4 cups	\$6.99	\$0.87	\$0.01
Ginger	⅔ cup	7.5oz	\$3.83	\$2.55	\$0.03
Broccoli	10lbs	10lbs	\$24.97	\$24.97	\$0.38
Honey	1 ½ cups	-	-	-	-
Sesame Oil	⅓ cup	-	-	-	-

Cornstarch	$\frac{2}{3}$ cup	-	-	-	-
Olive Oil	1 cup	-	-	-	-
Total	-	-	\$92.77	\$84.44	\$1.27

### **Pineapple Cashew Rice**

Ingredient	Amount used	Amount purchased	Actual cost	Recipe cost	Cost per serving
Rice	7lbs	10lbs	\$7.99	\$5.59	\$0.09
salt	4 Tbsp.	-	-	-	-
Margarine	4 Tbsp.	12sticks	\$2.34	\$0.09	\$0.00
Pineapple	3	3	\$5.37	\$5.37	\$0.08
Thai Red curry paste	1 cup	8 oz	\$6.96	\$6.96	\$0.10
Garlic powder	$\frac{1}{4}$ cup 1 Tbsp	-	-	-	-
Onion powder	3 tbsp	-	-	-	-
Salt	3 tbsp	-	-	-	-
Pepper	2 tsp	-	-	-	-
Lime juice	3 cups	32 oz (4c)	\$2.29	\$1.71	\$0.07
Salted roasted cashews	8 cups	24 oz	\$7.10	\$7.10	\$0.10
Coconut flakes	3 cups	2pkgs	\$4.76	\$2.38	\$0.04
Total	-	-	\$36.81	\$29.20	\$0.48

### **Tropical Fruit Salad**

Ingredient	Amount used	Amount Purchased	Actual Cost	Recipe Cost	Cost per serving
Green grapes	4.76lbs	4.76lbs	\$8.04	\$8.04	\$0.12
Pineapple	5	5	\$8.95	\$8.95	\$0.14

Grapefruit	6.40lbs	6.40lbs	\$10.11	\$10.11	\$0.16
Oranges	6.77lbs	6.77lbs	\$8.73	\$8.73	\$0.13
Total	-	-	\$35.83	\$35.83	\$0.55

Product	Amount Used	Cost per each	Cost overall
To-Go containers	40	\$0.30	\$12.00
Silverware	40	\$0.09	\$3.60
4oz containers	40	\$0.09	\$3.60
Total	-	\$0.48	\$19.20

If we had to do another meal, we should just serve plain rice because I think that the added ingredients for the rice were unique but also they took time to prepare and the teriyaki sauce added a lot of flavor by itself. It would also help the rice stay warmer a lot longer because we wouldn't have to mix it as much therefore we wouldn't be letting any heat out. This would improve the quality by a lot. It would also bring the cost down. Also we had a lot of leftovers so we could have definitely bought less and that would cost a lot less. But we were planning for 50 and only 40 showed up so we could not control that. I think that a lot more advertising could have been done to help that, maybe putting the flyer on the Concordia Instagram story and more flyers on bulletin boards. But overall it was a good turnout for the first meal.

Also in past years we didn't have to do to-go orders and that helped with a lot less dishes but it didn't help with how much it cost. Maybe having the option of to-go orders and eating in the classroom in the future would help the profit. I think that the best use of our money was the main dish because the ingredients were not expensive and it produced a good dish. I think that the worst use would be the fruit because we did buy a lot of it and it was expensive

and not the best quality. Maybe we could have done something better to add fruit to the meal because not many fruits were in season.

### Eater Satisfaction Survey Results

How was the Food Overall?	How was the Service?	Would you come back again?	Rate your overall experience of this luncheon
Great--11 responses	Great--16 Responses	Yes--20 Responses	1(Terrible)-0 Responses
Good--9 Responses	Good--4 Responses	No--0 Responses	2- 0 Responses
OK--0 Responses	OK--0 Responses	Maybe--0 Responses	3- 0 Responses
Terrible--0 Responses	Terrible-- 0 Responses	-	4- 8 Responses
-	-	-	5(Fantastic)-12 Responses

#### Comments:

- Timely delivery -- heated food warm & cold food cold.
- While not pleasing to the eye (how do those Asian restaurants do it?), broccoli was cooked perfectly.
- Just the right amount of rice with the vegetables and meat.
- Wonderful portions.
- Fruit can be spotty this time of year but yours was sweet and wonderful tasty.
- Dessert was pretty and delicious.
- Can't beat the price for a wonderful lunch!
- Less sauce on the chicken.
- Maybe having a smaller portion of the dessert

- Everything was delicious, one of my favorite meals I've had over the years!
- Adding a beverage
- Having two options rather than just one
- I think your meal was quite successful, especially given the 'new' challenge of having to box everything up for carryout, rather than sit-down dining. You set the bar very high for your classmates in subsequent weeks, and you should be quite proud.
- The flavor of the dessert was a different type of flavor than i expected with the citrus in the other parts. Not bad just felt like a bit mis-matched flavor profile.
- Some cold deserts might suffer quality if they are in the same to go tray with hot food. today's was one of my favorites and it is even good served frozen. Quality and taste of the main dish were excellent
- The food was good. The vegetables were cooked well; the sauce was tart but I really enjoyed it. Loved the fresh fruit salad! The dessert was a bit sweet and had a disproportionate amount of cream/filling to crust ratio. More crust and less cream/filling would have been better. All around, a tasty meal. Thanks!

### **Reflection on the Survey and Comments Received**

Overall we were pleased with how the meal went and everything, and we are very thankful to the 40 people that came out and had lunch with us. Of the 40 that had lunch, 20 took the survey and 2 had emailed their comments to either Jen or Dr. Strang. We received wonderful feedback both from the people who we served and our classmates. From the survey most people thought the meal was Excellent and the service was also Excellent. They were all

going to come back again to get another meal at a different time. Overall I would say the Luau Party was a success, the food was good and people enjoyed what we had to serve to them.

## **Supervisor/Mentor Reflection (Kaitlyn)**

My experience being the manager for the first meal was very interesting to say the least; there were a few mishaps with the dessert crust. I ended up having to revamp the recipe that we used to make the crust crumbly and not a creamy crust. I truly do not think that I could have done this without the help and cooperation of my classmates. They were a lifesaver when it came to certain mishaps with the to-go boxes and the silverware.

I feel that I was somewhat comfortable in my role as a leader, I know there were times where I was running around with my head chopped off. Overall I think that being a leader was hard but very rewarding. I felt rewarded when my classmates were asking me for my opinion on how things were going, also when we started getting customers rolling in and out. Being a leader in a classroom of your peers is very nerve racking because you don't want to step on the toes of your classmates and have them "hate" you for the rest of the class, but at the same time they understand the stress you are under.

I learned a lot from this experience, one thing being how to handle things under stress when you have no idea what could be coming your way. Another thing I learned would be how to handle classmates when something may go wrong in the kitchen or with the recipe. We ended up having to make a few recipe changes because we didn't have all of the ingredients in the correct amounts. One issue I feel that I had in my leadership role was when the QR code I created was not working and no one was able to answer my survey. I felt super discouraged when that happened and just wanted to curl up in a corner and be done for the day. I truly thought that people would not continue to come to me with every single question they would have but they did, which caused me a lot of stress.

If I were to do this again I would make sure that I had a QR code that would work for everyone once printed off. I would also make sure that we are not overestimating on foods that



didn't need to be overestimated on. We had a lot of leftovers and I think we could have even changed the menu a bit to go with the foods we had. I want to think that if I did this again I would be more on top of things and be more involved in the prep and serving.

Some skills that I feel are important for a supervisor are patience and respect for sure. This is because you need to make sure that your employees are respectful towards you and you are towards them. And if you do not have any patience you will not get anywhere in the mentor/leadership role. I want to think that I possess some of these skills but not fully. I know that I can be patient but at the same time I know I can get annoyed fast with whatever is going on around me. To gain these skills I think I need to put myself out into the world and volunteer in situations that may be outside of my comfort zone.

You need to be effective because if you are not you will have chaos in the kitchen/behind the scenes. Effectiveness is something that helped make the meal run smoothly and very well in my own opinion. I have had personal experiences with both effective and non-effective supervisors. These both being with the same supervisor just in different situations when something came up and there was no back up plan. My co-workers were all getting ready for in-service and then it stormed, which made it so we could not have in-service at the beaches. This led our supervisor to go into a frenzy because she wanted to still have in-service but didn't know what to do and how to do it. She had no back-up plan for a storm and that made us all get frantic about what we were going to do.

I feel that I mentored my peers as a whole as people I could connect with. When we are able to connect with them we can help mentor them and get them on the same page as us. But when it is with one individual I was making sure that I was connecting with them on a personal level and not being too overprotective in a way with them. I know that each person is different and that every personality needs to be treated differently because we all have feelings. When

the dessert got messed up I went and talked with Sophie and had her add more flour, whereas when Maysen was doing the dessert her crust was crumbly. Both of them had used the stand mixer and ended up with completely different consistencies of crust.

## **Narrative Evaluation (Kaitlyn)**

Being a manager for this first meal was very daunting at first because it is that first meal that is being made in 2 years. I felt like there was quite a bit of pressure on us to succeed and to have a menu that would be successful. Once we started to meal plan my fears started to come to life as I had in mind the dessert that I wanted to make but nothing else. However, Emma and I started to bounce ideas off each other and decided to do a Luau theme and have some foods that are found at a Luau. I had to do some research on foods that are typically found at a Luau, and that is where I saw something about Teriyaki Chicken. I searched and searched for a Hawaiian version of teriyaki chicken and I simply could not find one that made sense. Instead I found a recipe for teriyaki chicken and we just adjusted the vegetables that were incorporated into the dish.

Some of the different learning points that I had to figure out on my own were how to plan a menu for an unknown amount of people. We knew there was a budget for 50 but we also knew the class had to eat. I want to think that my research on finding Luau foods and then researching where we could get the foods the cheapest helped make our meal go smoother. However, I know at the same time we did not get everything that I had on my grocery list and we also added some things as well. It was a very hard process to go through with having a \$250 budget and trying to watch how much we spent on food. I ended up calculating out our food cost to \$204, which was better than my grocery list of over \$215.

I think that this is an experience that is very essential for all of us undergraduates that are nutrition majors. The reason I think that is because it shows you how hard it is to plan a meal in a short amount of time. You are also having to go out and buy ingredients and hope that the card you have has the funds on the card for you. When we were at Aldi and the card was declined I got scared and my heart sunk. I was thinking to myself, "how are we going to pay for

this if this card is getting declined?”, “Are we even going to be able to prepare food tomorrow if we can’t get groceries tonight?”

I feel that our meal was very successful because we had everything planned out to the cent before we went out and got the supplies. I had done my research on the ingredients and I knew what ingredients we had. We did save a lot of money because there were spices and oils that were able to be used from previous years. If we did not have that ability, I feel we would have gone far over budget.

If I had to do this again I would maybe find a recipe for the chicken that came from a Hawaiian magazine rather than Allrecipes.com. I know that the chicken tasted great and had a really good flavor when paired with the rice, but it also wasn’t representative of the Hawaiian culture. For the rice I would have done 1.5 pans rather than 2 full pans to decrease on the leftovers we had. This could have also decreased the amount of fresh pineapple that we needed for the rice as well. The fruit salad could have been recalculated based on the size that we cut out fruit, we had a lot of leftover fruit after our meal was done. I was scared that we weren’t going to have enough fruit, but in the end we had more than enough.

I think that we had a good system for getting the desserts prepared on Tuesday rather than waiting till Thursday to get those done. We had gotten a lot of preparation done on Tuesday that had made Thursday go smoothly. However, there were some ingredients that were low and not in the correct measurements for the teriyaki sauce. I personally took blame for some of the shortcuts that we took in our meal as I thought we had enough of one ingredient, when in reality we didn’t.

The staff worked really well together and were willing to make adjustments when necessary. They were the building blocks of our meal and made our meal run as smoothly as it did. I feel if our staff was not as cooperative as they were, we would have had a mess for the

meal. There was no time that I had to go up to one of my staff and ask them to stop doing something, they were all willing to help and looking forward to eating the food once everyone had been served.