

DOMINICAN REPUBLIC - GROUP TRIP MEAL PLAN

- Your per-person fee covers all meals, transportation, and lodging (15-person minimum)
- Three meals/day + drinks included
- Lunch at the beach is not included (\$20)
- Reusable water bottle not included
- There is an additional cost for each additional day beyond a typical Sun-Sat trip.
- Please see our [Dominican Republic Pricing Guide](#) for the per-person cost and extra day cost.
- Please read our [Food Handling Guide](#) before your trip.

Breakfast often throughout the week includes eggs, bread, sausage, pancakes, banana bread, fruit, etc.

Lunch is eaten out on the build site. Every morning, each team member makes a sandwich, grabs a bag of chips and a piece of fruit of the day, and packs it in a cooler so the Casas missionary and team leader can decide when it is a good time to stop for lunch.

Dinner is Dominican-style food. Our cooks make rice, chicken, yucca, salads, spaghetti, tacos, fruit, etc.

SAMPLE MENU

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereal Milk Fruit Coffee	Fried Plantains Salami Fruit Coffee	Pancakes Bacon Fruit Coffee	Oatmeal Raisins Peanuts Croissants Salami Fruit Coffee	Eggs Toast Fruit Coffee	Banana Bread Hot chocolate Fruit Coffee	French Toast Fruit Coffee
Lunch	Sandwich	Sandwich	Sandwich	Sandwich	Sandwich	Buy lunch at the beach	Sandwich
Dinner	Mashed Potatoes Pork Chops Corn Arepitas Fruit	White Rice Beans Stewed Chicken Yuka Arepitas Fruit Salad Flan	Fried Rice Stewed Pork Flour Arepitas Fruit Salad Jello	Spaghetti Fried Plantains Fruit Brownies	Tacos Batata Fruit Churros	Fried Chicken Fries Fruit Upsidedown Cake	Rice and Black Beans Stewed Beef Fried Eggplant Fruit

We will do our best to accommodate any food allergies. If you have a gluten allergy, you will need to bring your own bread substitute as gluten-free bread and corn tortillas are nearly impossible to find in the Dominican. Food allergies will be collected in the digital Disclosure of Risk & Medical Release form, but please notify us of any special instructions regarding your dietary needs. **If you have any dietary needs to share with our cooking team after you arrive, please communicate those to your missionary who can let our cooking team know. Please do not overwhelm the cooking team with special requests.**