

Menu Ideas

When planning menus, there are several things to keep in mind. How does this combination look on a plate? Having a variety of colors is attractive. It is also good to remember those who might be on special diets, especially when cooking for a large crowd. When having a variety of diets, the best food options are things where they can build their own meal, like haystacks, salad bars, or breakfast burritos. Having meat, potatoes, and vegetables separate versus a casserole also helps those who are on special diets. I like to have menus from which anyone can eat at least one or two items if they are on a special diet. Gluten intolerance is very common, so have at least some items that are gluten-free. Leave croutons out of a portion of your salad in case someone is gluten intolerant. Another thing to remember is to not have a menu with mostly foods that are high in carbohydrates. Fresh fruits and vegetables are always good options. Most of the items listed here are found in this book. If they aren't, the amounts are beside the item. The serving amounts in this book are figured for a mixed group. Adjustments to amounts might need to be made when serving a specific group (e.g. men only). Here are some ideas to get you started.

*Featured food on previous page: Chipotle in a Bowl, page 130,
Baked Corn, page 146*



Breakfast or Brunch

These menus are great when serving a crowd or just a few people. Add juice and coffee and you'll have a delightful breakfast.

Menu 1

Breakfast burritos:

Flour Tortillas (2 [6-8 inch] per person)

Scrambled eggs (1½ per person)

Sausage (8 servings per lb.)

Cheese (1 oz. per person)

Sautéed peppers (10 servings per pepper)

Sautéed onions (10 servings per onion)

Sour cream (1 oz. per person)

Salsa (8 servings per c.)

Yogurt parfaits:

Vanilla yogurt (6 oz. per person)

Fresh or frozen fruit (8 servings per quart)

Granola (¼ c. per person)



Menu 2

Breakfast haystacks:

Biscuits (1½ per person)

Scrambled eggs (1½ per person)

Hash browns (5 servings per lb.)

Cubed ham (3 oz. per person)

Sautéed peppers (10 servings per pepper)

Sautéed onions (10 servings per onion)

Cheese (1 oz. per person)

Sausage gravy, page 49

Fruit slush, page 173

Menu 3

Caramel French Toast, page 44

Sausage links (3 oz. per person)

Blueberry muffins, page 61

Menu 4

Sausage Gravy, page 235

Biscuits (1½ per person)

Hash browns (5 servings per lb.)

Mixed Fruit Salad, page 245

Cinnamon Rolls, page 71



Menu 5

Gold Rush Brunch, page 43

Toast (1 piece per person)

Fresh fruit cup, page 232

Coffee Cake, page 51

Menu 6

Eggsquisite Breakfast Casserole, page 46

Baked Oatmeal, page 49

Vanilla yogurt ($\frac{1}{4}$ c. per person)

Fresh or frozen blueberries and peaches ($\frac{1}{2}$ c. per person)

Snacks & Light Meals

These menus can be used like this for a snack or you can add things for a bigger meal. Tea or punch can be added to these menus.

Menu 1

Gourmet Ham Sandwiches, page 82

Vegetables And Dip, page 232

Fruit Pizza, page 174



Menu 2

Hamburger Cheese Dip, page 31

Tortilla chips (1½ oz. per person)

Vegetable pizza, page 94

Melons (if using both watermelons and cantaloupes, figure 40 people per lg. watermelon; 20 for cantaloupe)

Menu 3

Pizza Burgers, page 82

Potato Salad, page 238

Brownie sundaes (12 servings per 9 x 13-inch pan of brownies; 20 servings per gallon of ice cream; ¼ c. hot fudge topping per person)

Menu 4

Soft Pretzels, page 25

Cheese Sauce, page 271

Hot mustard sauce, page 278

Pizza sauce (⅛ c. per person)

Fresh Salsa, page 22

Tortilla chips (1½ oz. per person)

Root beer floats (8 servings per 2-liter root beer; 16 servings per gallon of ice cream)



Menu 5

Potato Poppers, page 28

Seasoned Pretzels, page 25

Fresh Fruit Salad, page 245

Menu 6

Hot Chicken Salad, page 80

Potato chips (1 oz. per person)

Frozen Cheesecakes, page 161

Menu 7

Pulled Pork Sandwiches, page 270

Ramen Noodle Salad, page 237

Oreo or Butterfinger Ice Cream Desserts, page 158

