

# Meal Plan

Name of Group \_\_\_\_\_ Date of Trip \_\_\_\_\_

Names of Cooks \_\_\_\_\_

Number to prepare for: Breakfasts \_\_\_\_\_ Lunches \_\_\_\_\_ Dinners \_\_\_\_\_

Number of meals to prepare: Breakfasts \_\_\_\_\_ Lunches \_\_\_\_\_ Dinners \_\_\_\_\_

## BREAKFAST

- \_\_\_\_\_ Bacon, Eggs, Toast, Fruit
- \_\_\_\_\_ Pancakes, Eggs
- \_\_\_\_\_ Baked Oatmeal, Fruit
- \_\_\_\_\_ Cereal, Toast, Fruit, Juice
- \_\_\_\_\_ Breakfast Casserole, Coffee Cake

## LUNCH (you might want to add salads – see below)

- \_\_\_\_\_ Sandwiches (ham/cheese) - Plus
- \_\_\_\_\_ Sloppy Joes
- \_\_\_\_\_ Tuna Pasta Salad
- \_\_\_\_\_ Pizza (pepperoni, cheese, ground  
beef, onion)
- \_\_\_\_\_ Hot Dogs
- \_\_\_\_\_ Tuna Rice Salad

## Salads to go with lunch

- \_\_\_\_\_ Potato
- \_\_\_\_\_ Cole slaw
- \_\_\_\_\_ Macaroni Salad

## DINNER

- \_\_\_\_\_ Taco Salad
- \_\_\_\_\_ Spaghetti, Salad, Bread
- \_\_\_\_\_ Meat Loaf, Coleslaw, Potatoes
- \_\_\_\_\_ Chicken and Rice, Tortillas
- \_\_\_\_\_ Chicken Paprika
- \_\_\_\_\_ Chili, Cornbread
- \_\_\_\_\_ Grilled Chicken Sandwich, Salad
- \_\_\_\_\_ Chicken Enchiladas, Salsa
- \_\_\_\_\_ Chips \_\_\_\_\_ Hamburgers, Potato Salad
- \_\_\_\_\_ BBQ Pork Sandwiches, Coleslaw

## DRINKS

- \_\_\_\_\_ Tea
- \_\_\_\_\_ Coffee
- \_\_\_\_\_ Coke (additional cost) (diet?)
- \_\_\_\_\_ Lemonade
- \_\_\_\_\_ Zuko Juice (powdered drink mix)

## DESSERTS

- \_\_\_\_\_ Fruit Cobbler
- \_\_\_\_\_ Banana Cake
- \_\_\_\_\_ Lemon Cake
- \_\_\_\_\_ Brownies

## SNACKS

\_\_\_\_\_ Crackers

\_\_\_\_\_ Cookies

\_\_\_\_\_ Fruit

## Special Requests / Needs

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## Extras

\_\_\_\_\_ Pastelitos

\_\_\_\_\_ Maribel's – Eat Out

**Special note to teams & cooks:** Occasionally there may be a few guests staying at staff housing that are working on specific projects during your team's stay. Since there is only one kitchen it will be necessary for these individuals to join your team at meal times. These guests have already paid for their portion of the food. Please make these guests feel welcome at meal times. Generally there are only 1-3 extra guests. If you would like the specific number of extra guests that will be on site while your team is in Honduras, please contact Trish Ward at [racerbrad@gmail.com](mailto:racerbrad@gmail.com).