

Dear Meal Leaders, please follow instructions below to comp

- 1-Create copy of template sheet
- 2- Fill red cells with your recipe
- 3- Recipes should be measured for 4 ppl. We will upscale them.
- 4- Please use metric system where applicable
- 5- Please include details in steps with timing
- 6- Where possible keep meals vegetarian/vegan/kosher/halal
- 7- Keep in mind limited refrigeration and time capacity for complexity of the meal

	Monday 29 April	Tuesday 30 April	Wednesday 1 May
BREAKFAST	Egg Clubs + French Toast + Bloody Mary	SauSausage w Scrambled Eggs + Salad	Turkish Eggs
DINNER	Gnocchi Amatriciana + Watermelon Feta Salad	Beef & Portobello Mushroom Fajitas + Beans & Corn salad	BBQ
Meat	Delivery for Tuesday and BBQ Wed	Delivery for Thursday and friday morning	

Thursday 2 May	Friday 3 May	Saturday 4 May
Eggs toast + cocoa with marshmallow + chia pudding	Kishek with meat and potatoes	Potatos Carrots Green peas + Chicken + Boiled eggs + Oatmeal Porridge
Sloppy Joe's Burger + Greek Yogurt Feta and Carrots	Moroccan Couscous	Dirty Red Maacaronni Delivery for saturday and sunday

Sunday 5 May

Cream Cheese + Peanut Butter
Jelly Toasts + Cornflakes

BBQ

Meal Leader	Setup Weekend
Meal Schedule	Sunday Breakfast
Date	Sunday Breakfast

Dish Name	Breakfast Setup
Vegetarian (Y/N)	N
Cold or Hot	Hot

Cook Time	90mins
Serves	60

Ingredients	Quantities	unit
BBQ		
Yellow Cheese Slices	1.5	kg
Feta Cheese	1.5	kg
Ham Slices	2	kg
Cream Cheese	1	kg
Hot dog sandwiches	50	pieces
White Bread Toast	2	Loaf
Tomato	3	kg
Cucumber	3	kg

Meal Leader	Sunday Setup Dinner
Meal Schedule	Dinner
Date	Sunday Setup Dinner

Dish Name	BBQ
Vegetarian (Y/N)	N
Cold or Hot	Hot

Cook Time	90mins
Serves	60

Ingredients	Quantities	unit
BBQ		
Charcoal	25	kg
Sausages - Plasworss bderworks	5	kg
Stirloiuun Steaks	5	kg
Wings	3	kg
Lamb shops	3	kg
vegan burgers	10	pieces
aubergine	2	kg
burger buns	10	pieces
hot dog sandwiches	50	pieces
BBQ Seasoning spices	0.3	kg

Meal Leader	Joe Akiki
Meal Schedule	Breakfast
Date	Monday Breakfast

Dish Name	Monday Brunch
Vegetarian (Y/N)	Y
Cold or Hot	Hot dish cold salad

Cook Time	90mins
Serves	50

Ingredients	Quantities
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French Toast	
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Strawberries	2kg
Bananas	20
Mixed berries	1kg
Cinnamon powder	140g
Cardamom powder	70g
Salt	
Coconut oil	
butter	0.5 kg
Maple syrup	2 bottles
Caramel syrup	2 bottles
sugar	0.5 kg
Ciabatta/ challah bread	80

Orange Juice	
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Orange juice	10l
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Egg Club Sandwiches	
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Eggs	70
Yellow cheese slides	3kg
Bacon	2.5kg
Avocado	15 pieces
White bread soft toast	4 packs

Bloody Mary	
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Tomato Juice	30L
Tobasco	400ml
Black pepper	To taste
Worcsteister	200ml
Lemons	1kg
Cajun/ Salt spice	
Oregano	
Paprika	
Vodka	2L

French Toast

- | | |
|--------|---|
| Step 1 | Make the macerated berries: In a medium bowl, combine the |
| Step 2 | Make the French toast: In a large bowl, whisk together the eg |
| Step 3 | Heat a non-stick skillet over medium heat and brush with coco |

strawberries, raspberries, and a few pinches of sugar. Set aside for 10 minutes for the berries to soften. Stir in eggs, milk, cinnamon, cardamom, and salt. Dip each slice of bread into the mixture and set the soaked bread as onut oil. Add the bread slices and cook until golden brown, about 2 minutes per side. Reduce the heat to low

as needed to cook thoroughly without burning. Serve with maple syrup and the macerated berries.

Meal Leader	Irene Koegl
Meal Schedule	Dinner
Date	29-04-24
Dish Name	Gnocchi Amatriciana + Watermelon Fet
Vegetarian (Y/N)	Y
Cold or Hot	Hot / Salad cold
Cook Time	30 mins Gnocchi + 30 mins Salad
Serves	4

Ingredients	Quantities 4 people	
Gnocchi Amatriciana		unit
Red Onion	1	piece
Garlic	1	clove
Crushed Tomato	1	can (400g)
Sliced or diced Bacon / Guanciale	100	g
Olive Oil	20	ml
Chili Flakes		
Salt		
Pepper		
Oregano (dried)		
Gnocchi	800	g
Grated Pecorino / Parmigiano	50	g
water	1.5	L

Watermelon Feta Salad		unit
Watermelon (Alternative: Mix of Tomatoes / Peppers / Cucucmbers)	400	g
Feta	100	g
Lime (alternative: Lime Juice)	1	piece
Maple Sirup	15	ml
Olive Oil	15	ml
Thyme (dried)		
Salt		
Pepper		

Start with Sauce	
Step 1:	Peel Garlic and Onion and slice in pieces
Step 2:	Saute Onion and Garlic in Olive Oil
Step 3:	Add Tomatos
Step 4:	Season with Chili, Salt, Pepper, Oregano
Prepare Salad	
Step 1:	Press Lime Juice and Mix with Maples S
Step 2:	Slice Watermelon in small pieces and m
Step 3:	Crumble feta and mix together, sprinkle
Prepare Bacon	
Step 1:	if Bacon is in stripes - slice in small pieces
Step 2:	Fry Bacon pieces until crunchy and put i

Prepare Gnocchi

Step 1:

Fry Gnocchi in Butter until golden brown

Step 2:

Serve with Sauce and Parmigiano (and E

BONAPETITO

a Salad

Amount for 100	Unit
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25 Piece

25 cloves

25 cans

2.5 kg

500 ml

20 kg

1.25 kg

40 L

Amount for 100	Unit
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10 kg

put in grams

2500 g

5 kg

375 ml

375 ml

s

,

irup, Olive Oil, Salt and Pepper

ix with dressing

e with some thyme

es

aside

n
3acon for non vegetarians)

Meal Leader	Pelin Tatlici
Meal Schedule	Breakfast
Date	30-04-2023
Dish Name	SauSausage w Scrambled Eggs
Vegetarian (Y/N)	N
Cold or Hot	Hot

Cook Time	90mins
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Serves	4	90
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Ingredients	Quantities	
SauSausage		Amount for 100
Merguez or Grill type sausage	0.8	12
Tomatoe puree (canned or in a glass)	1	10
Dried tomatoes (preferably in olive oil)	200	4.5
Butter	20	450
olive oil	10	225
Thyme	10	225
Black pepper	2	45
Red chilli pepper	1	23
Fresh red bell pepper	1	25
Canned Black Beans	1	23
Scrambled Eggs		Amount
Eggs	6	150
Butter	100	2250
Canned coconut cream or milk	200	4500
Mozarella cheese	200	5000
Sourdough Bread	8	180

Mediterranean chop salad		Amount
Olives	80	2000
Feta Cheese	180	4500
Cucumber	300	7500
Green apples	250	5625
Lemon	2	45
Salt and pepper	5	112.5
Olive Oil	20	450

SauSausage	
Step 1	Chop the sausages into 4 pieces. Chop the dried tomatoes o
Step 2	Saute the sausages and bell peppers until they get little cris
Step 3	Add thyme and other spices when the peppers soften in the

Scrambled Eggs	
Step 1	Soften the butter before cooking.
Step 2	Whisk the eggs in a cup. Add the coconut milk and 1/3 of the
Step 3	Heat the grill pan, spread butter on the sliced breads and gri

Step 4	Heat the pan, add butter and olive oil. Add the egg mix into
Step 5	Serve the scrambled eggs on the grilled bread.

Mediterranean chop salad

Step 1:	Chop the cucumber and feta cheese
Step 2:	Mix olives, cheese, apples and cucumber
Step 3:	Mix olive oil, lemon juice and lemon zest and salt
Step 4:	Add the sauce to the salad and mix gently

Unit
kg
liter
kg
g
g
g
g
g
units
units
Unit
piece
g
ml
g
Slice

Unit
g
g
g
g
piece
g
g

If cucumber will not be possible we may use avocado, pepper or possible fresh veggies that can be

grind them. Chop the bell peppers
 Fry with butter and olive oil. Add the dried tomatoes and tomato puree
 sauce.

Put the butter into the cup and keep whisking. At final stage add the mozzarella cheese.
 Grill them 1-2 mins for each side

the pan and scramble till it becomes silky. Spread some salt at the last stage.

Meal Leader
Meal Schedule
Date

Dalia Hneidi
Dinner
30-04-24

Dish Name
Vegetarian (Y/N)
Cold or Hot

Beef & Portobello Mushroom Fajitas + E
Y
Hot

Cook Time
Serves

90 mins
4

Ingredients

Quantities 4 people

Beef Fajitas		unit
Steak cuts	0.2	kg
Breast Chicken cuts (boneless)	0.3	kg
Portobello Mushroom or mushrooms	0.4	kg
Bell Pepper	2	pcs
White Onion Big	0.2	kg
Fajita Seasoning (old el paso)	15	g
Olive Oil	0.02	L
Flour Tortillas (Options of spicy and spinach available)	12	pcs
Jalepeno	0.03	kg
Salt		
Pepper		
Lime	0.15	kg
Lemon	0.15	kg

Fried Beans and Corn side		unit
Canned Beans	1	Can
Canned Corn	1	Can
Garlic Powder		5 g
Lime	0.15	kg
Cilantro / Coriander	1	pack
Olive Oil	0.02	L
Jalepeno dices		0.03 kg

Topping and Sauces		unit
Guacamole	0.15	kg
Sour Cream	0.15	kg
Grated Cheese	0.15	kg
Red Salsa - Chips Salsa	0.3	kg
Mexican Tortilla Chips	0.5	bag

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Step 6:

Prepare Ingredients: Slice the onions and

Marinate the Meat: Although optional,

Cook the Meat: Heat your skillet over medium

Cook Vegetables: In the same skillet, add

Combine and Season: Return the meat to

Warm the Tortillas: Warm the tortillas in

3eans & Corn salad

Amount for 100	Unit
5	kg
7.5	kg
10	kg
50	pc
5	kg
375	g
0.5	L
300	pcs
0.75	kg
3.75	kg
3.75	kg

Amount for 100	Unit
25.00	Cans
25	Cans
125	g
3.75	kg
25	packs
0.5	L
0.75	kg

Amount for 100	Unit
3.75	kg
3.75	kg
3.75	kg
7.5	kg
12.5	bags

id bell peppers, and cut the meat into strips. Mix your spices together if you're creating your own seasoning. marinating the meat for about an hour in the refrigerator with some fajita seasoning, oil, and lime juice can a medium-high heat, add a bit of oil, and cook the meat strips until they are nicely browned and fully cooked, ab ld a bit more oil if necessary and sauté the sliced onions and bell peppers until they are tender and start to ca to the skillet with the vegetables, sprinkle with more fajita seasoning if desired, and toss everything together n the same skillet by placing them one at a time for about 30 seconds on each side, or keep them wrapped in

about 5-7 minutes. Remove the meat from the skillet and set it aside on a plate, covered to keep warm.

Meal Leader Stephanie Abou Chakra
Meal Schedule Breakfast
Date 26-04-22

Dish Name Turkish Eggs
Vegetarian (Y/N) Y
Cold or Hot Hot eggs cold yogurt

Cook Time 15 mins
Serves 4

Ingredients	Quantities 4 people	Amount for 100	Unit
Yogurt Spread			
Greek Yogurt	2 cups (200ml per cup)	10	L or Kg
Garlic	2 cloves	50	cloves
Black Pepper crushed	1 teaspoon (5g)	125	g
Salt	To taste		
Cayenne pepper	Pinch	15	g
Dill	5 spoons of fresh chopped dill	50	g
Aleppo Butter			
Unsalted Butter	1 Stick (120g)	3	Kg
Aleppo Chilli Flakes	2 tablespoons	300	g
Smoked Paprika	1 tablespoon	100	g
Olive Oil	4 tablespoons	1	L
Sunny Side up Eggs			
Eggs	8	200	eggs
Olive Oil	3 tablespoons	0.75	L
Toast			
White bread Toast	8	200	Toasts
Salt	To taste		
Pepper	To taste		
Olive Oil	To taste		

Start with the Yogurt Spread	
Step 1:	Peal and smash the Garlic Cloves
Step 2:	Finely chip the fresh dill
Step 3:	Mix in the Green Yogurt the smashed garlic + finely chopped dill + salt
Step 4	Place the yogurt spread on plate
Aleppo butter	
Step 1:	In a medium saucepan on low heat add the butter and wait for the butter to melt
Step 2:	Add chili flakes + paprika + cumin and stir until they combine with the butter
Eggs + bread	
Step 1:	Add olive oil to a large sauce pan + fry the eggs sunny side up
Step 2:	When eggs are ready place them on top of the Yogurt on the plate
Step 3:	Meanwhile - chop the toasts up and drizzle olive oil on them + salt + pepper
Step 4:	Place in Oven to bronze

Step 5:

Add bread on the side of the plate + sprinke some dill

BONAPETITO

16.6666667

salt + pepper + small amount of cayenne pepper

bubbles to burst

the butter - Turn off heat and let it rest

plates

pepper

Meal Leader	BBQ Dinner
Meal Schedule	Dinner
Date	Wednesday Dinner

Dish Name	BBQ
Vegetarian (Y/N)	N
Cold or Hot	Hot

Cook Time	90mins
Serves	90

Ingredients	Quantities	unit
BBQ		
Charcoal	30	kg
Sausages - Plasworss bderworks	8	kg
Stirloin Steaks	8	kg
Wings	7	kg
Lamb shops	5	kg
vegan burgers	15	pieces
aubergine	5	kg
burger buns	15	pieces
Hot Dog Sandwiches	150	pieces

Meal Leader	Olga Kupyra
Meal Schedule	Breakfast 8-10 am
Date	02-05-24
Dish Name	Eggs toast and cocoa with marshmallow and chia pudding
Vegetarian (Y/N)	Y
Cold or Hot	hot/cold
Cook Time	30 mins toast + 10 mins cocoa + 15 mins pudding (stay during n
Serves	4

Ingredients	Quantities 4 people	
	Toasts with eggs	Amount for 100
Brown Bread Toasts	8	200
Fresh cucumber	0.3	7.5
Fresh Tomato (or Dried tomatoes (preferably in olive oil)	0.3	7.5
Yellow cheese g	0.16	4
lettuce leaves/arugula/spinach	0.05	1.25
Eggs	4	100
Salt		
Pepper		
Butter	0.02	0.5
balsamic sauce (or another one)		

cocoa with marshmallow		
marshmallows	0.1	2.5
oat or coconat milk	0.8	20
cocoa	0.06	1.5
sugar	0.02	0.5

chia pudding		
chia seeds	0.12	3
Strawberries or Mixed berries	0.04	1
Bananas	2	50
coconut milk	0.5	12.5
sugar	0.02	0.5

Prepare Tofu Toast	
Step 1:	Slice bread into puffs and lightly fry in a frying pan (grease the p
Step 2:	Cut tofu into pieces, soften with a fork and fry in a frying pan
Step 3:	Slice cucumbers and tomatoes and cheese, wash the lettuce lea
Step 4:	Place tofu on each slice of bread, cheese for non-wagans, and t
Step 5:	Serve with lettuce leaves and salt to taste

Prepare Cocoa	
Step 1:	Mix cocoa with milk and sugar in a bowl
Step 1:	put on the fire and heat up so that there are no lumps, stirring

Step 3: pour into cups, add marshmallows

Prepare Pudding

Step 1: mix yogurt/milk with chia seeds and sugar in the evening before

Step 1: leave the pudding overnight to allow the seeds to swell

Step 3: In the morning, cut up fruit and berries and decorate the pudding

BONAPETITO

ight)

Unit
pieces
kg
kg
kg
kg
pieces
kg
kg
L
kg
kg
kg
kg
pieces
L
kg
pan with oil)
aves
hen vegetables, drizzle with sauce

Meal Leader	Joe Akiki
Meal Schedule	Dinner
Date	Thursday 2 May Dinner

Dish Name	Sloppy Joes
Vegetarian (Y/N)	N
Cold or Hot	Hot

Cook Time	1h
Serves	100

Ingredients	Quantities
Minced Beef	10 KG
White Onions	3KG
Tomato	3KG
Green Pepper (Medium size)	15 pieces
Garlic	30 gloves
Ketchup	4L
Worsteicster	70ml
Dijun Mustard	100ml or g
Water	7L
Salt	120g
Black Pepper	50g
Cayenne Powder	20g
Brown Suggar	130g
Yellow Mustard	40ml or g
Burgers Buns	100
15 cucumber Pickles	1 jar - 15 pieces
Jalapenos	1 jar

Sloppy

Medium heat cool pan
Start with onions for 5 mins
Add meat
crumble until golden
Add garlic
Add green pepper
Sattee for 5 6 min
add water to degalze
Add ketchup and stirr
Add sugar
Add mustard

Add salt pepper

Add worsteicster

add 1/2 cayenne

add water and bring to low/med heat

wait for water to evaporate

Taste and adjust seasoning

add rest of cayenne

Dish Name	Roasted Chickpeas Feta and Carrots
Vegetarian (Y/N)	Y (Remove the yoghurt and feta for vege)
Cold or Hot	Hot
Cook Time	45mins
Serves	100
Ingredients	Quantities
Chickpeas	20 Cans
Thick Greek Yogurt	8kg
Feta 2KG	2KG
Tomato pealed cans	3Kg
Garlic	20 cloves
Tomato paste can	0.3KG
Carrots	13KG
Honey	0.7KG or 700 ml
Chilli powder	To taste
Cinnamon	100g
Cumin powder	100g
Parsley 2xbuckets	2 buckets
Olive Oil 1L	1L

Meal Leader Zahraa
Meal Schedule Breakfast
Date 02.05.2024

Dish Name Kishkek with meat and potatoes
Vegetarian (Y/N) Y
Cold or Hot Hot dish

Cook Time 90mins
Serves 4

Ingredients	Quantities	
	Kishkek	Amount for 100 Unit
Minced Beef	150g	2.4 KG
Garlic	4 cloves	64 cloves
kishkek powder	400	7 KG
white onions	250g	6 KG
salt	7g	175 g
water	700ml	14 L
potatoes	500g	12 Kg
lemon	0.5 medium lemon	1.5 Kg

Sides

Arabic bread/Pitabre: 4 slices/pieces 5 Packs of 10

Kishkek

- Step 1 Heat up a pot with a teaspoon. of olive oil.
- Step 2 Chop the onions into fine pieces.
- Step 3 Place the onions into the pot and let them braise until they are translucent.
- Step 4 Chop the potatoes into cubes and add them into the pot with the onions.
- Step 5 Peel the garlic cloves and add them into the pot with the potatoes and the onions.
- Step 6 Leave the onions, garlic and potatoes to sizzle in the pot until they start to get lightl
- Step 7 Add in the kishkek powder to the pot with the onions, garlic and potatoes and stir.
- Step 8 Add in the hot water and let it cook for 10 minutes.

Topping 1 - Crispy Onions

- Step 1: Warm the olive oil in a large pan over medium-high heat. When it's warm enough th
- Step 2: Stir only every 3 minutes or so at first, then more often once the onions at the edge
- Step 3: Transfer onions to kitchen wipe lined plate and spread them evenly across. Sprinkle

Topping 2 - Green Onions

- Step 1: Chop
- Step 2: Sprinkle

Topping 3 - Yogurt

- Step 1: Serve on top or alongside Mujaddara

Meal Leader Barbara

Creation

Meal Leader Name

Meal Schedule Dinner

Date Saturday 04-05-2024

Dish Name Moroccan Couscous

Do we have themes for the meal names?

Vegetarian (Y/N) Y (vegan without feta)

Cold or Hot Hot dish (can be eaten cold) cold sauce

Cook Time 60-90mins

Serves 4

Ingredients

Quantities

	Couscous	unit	Amount fo Unit
Garlic	4	cloves	100 cloves
Couscous	0.3	g	7.5 kg
Chili/cayenne	4	g	100 g
salt	4	g	100 g
water	0.5	L	12.5 L
Veg Stock	0.2	L	5 L
ras el hanout powder	7	g	175 g
raisins	0.05	g	1.25 kg
Zucchini	1	piece	25 piece
auberine/eggplant	1	piece	25 piece
Lemon	1	piece	5 kg
olive oil	0.04	L	1 L
Tomato paste	0.02	kg	0.5 kg
chickpeas	0.5	can	13 cans
Yoghurt sauce			
Yoghurt	0.2	L	5 L KG
dry Mint powder	0.015	kg	0.375 kg
garlic	1	cloves	25 cloves
Black pepper	3	g	75 g
Toppings			
Feta	0.15	KG	3.75 KG
Salt	3	g	75 g
Black Pepper		3 g	75 g

Couscous

- Step 1 Cook the water and soak the couscous with the raisins (+- 10min)
- Step 2 Cut the vegetables in small pieces. Cut the aubergine and zucchini in half and slice them.
- Step 3 Slice the garlic and fry them accordingly (20min)
- Step 4 Start frying/roasting them in pans available (this wil take at least 45min)
- Step 5 When the couscous is ready, mix with ras el hanout, salt, chili, lemon juice
- Step 6 Combine all the ingredients, ready to serve.

Yoghurt sauce

Step 1 Grate the garlic, slice the mint
Step 2 Combine with yoghurt and black pepper
Step 3
Step 4

Topping 1 - Feta

Step 1: Crumble and serve
Step 2:

Topping 2 - Cilantro

Step 1: Slice and serve
Step 2:

' then I'll brainstorm!

Joes comment

Add some protein like chickpeas

water + 1 cup veg stock for each 300 g couscous)

difficult to have on saturday, might have to drop them

No everyone like zuchinni and could be difficult to have it for saturday

No everyone like aubergine and could be difficult to have it for saturday
double it

add tomato paste to give it some taste

Meal Leader Stella
Meal Schedule Breakfast
Date 04.05.2024

Dish Name Potatos Carrots Green peas + Chicken + Boiled eggs + Oatmeal Porridge
Vegetarian (Y/N) Y (Vegetarian without Chicken)
Cold or Hot Hot dish

Cook Time 90mins
Serves 4

Ingredients	Quantities	
	Oatmeal Porridge	Amount for 100 Unit
Chicken breast	500g / 2lbs	8 kg
Eggs	1 egg	
Rolled Oats or Steel cut oats	1 cup / 240ml	2.4 KG
Carrots	1 cup / 240 ml	64 cloves
Potatoes	1 cup / 240 ml	7 KG
Green Peas	1 cup / 240 ml	6 KG
Salt	1/2 tsp	175 g
Ground black pepper	1/2 tsp	14 L
Red Chili Flakes	1/2 tsp	
Water	3 cups / 720ml	12 Kg
Olive Oil	2 tsp	1.5 Kg
Fresh Ginger Root	1 piece	

Sides

Pickles 1 piece 5 Packs of 10

Oatmeal Porridge

- Step 1 Wash and chop potatoes and carrots into cubes
Step 2 Add chopped veggies with dry roasted oats
Step 3 Pour water, add salt and pepper and cook till vegetables are soft cooked. If cooking
Step 4 when they begin to splutter add this salt, pepper and olive oil to the porridge. Mix a
Step 5
Step 6
Step 7
Step 8

Topping 1 - Chicken

- Step 1:
Step 2:
Step 3: Transfer onions to kitchen wipe lined plate and spread them evenly across. Sprinkle

Topping 2 - Eggs

- Step 1: Chop
Step 2: Sprinkle

Topping 3 - Pickles

Step 1:

Meal Leader Noora Elsawah
Meal Schedule Dinner
Date 03-05-2023

Dish Name Dirty Red Maacaronni
Vegetarian (Y/N) N
Cold or Hot Hot
Cook Time 60 mins **Prep** 45 mins

Serves 4 85 << Change to adjust serv

	Serves 4		Serves 100	Unit
Pasta small shape (ditalini or elbow)	400	g	8.5	kg
Ground beef	450	g	9.6	kg
Onion brown	0.4	kg	8.5	kg
Sun flower Oil	0.2	ml	4.3	ltr
Bouillon chicken stock	1	cube	21.3	cubes
All spice/7 spice	5	g	0.1	kg
Salt	5	g	0.1	kg
Pepper	5	g	0.1	kg
Tomato paste	125	g	2.7	kg
Water	3	L	60.0	L

Instructions

- Step 1 Boil Macroni as per instructions with a little oil (50gm) and salt, rem
- Step 2 Chop the onions into small cubes and cook them in some oil (50gm)
- Step 3 Add beef to browned onions, add the all spice, salt and pepper - mix
- Step 4 In a cup, add the Bouillon cube to a cup of hot pasta water until com
- Step 5 Pour the bouillon mix to the cook beef and onion and mix well, until
- Step 6 In a seperate pan heat the remaining oil (150-200gm) - then add tom
- Step 7 Add salt and pepper to the tomato paste (to taste)
- Step 8 Mix/Whisk the tomato paste oil with the pasta on a low heat - keep
- Step 9 Add the cooked minced beef to the Macror

Equipment needed

- Large Pot To boil big pasta quantity and then to mix the dish in before serving
- Strainer To strain pasta
- Pan or metal tray with large surface To cook beef
- Serving trays
- 2-3 stirring utensils For 3 different tasks
- 1 whisk

*Preferred if pots are big enough to manage cooking in batches of 25-30 serving at a time - the bigger the better

Meal Leader Aysu

Meal Leader Aysu

Meal Schedule Breakfast

Date Sunday 05-05-2024

Dish Name Cream Cheese, Peanut Butter Jelly Toasts & Cornflakes

Vegetarian (Y/N) Y

Cold or Hot Cold

Cook Time 30-60 mins

Serves 4

Ingredients	Amounts
Bread Toast	8
Jelly	0.1
Creem Cheese	0.2
Peanut butter	0.2
canned fruits	0.2
almonds	15
nuts	15
Milk	0.5
Corn Flakes	0.2

Unit	Amount for 100	Unit
slices	160	slices
kg	2	kg
KG	4	KG
kg	4	kg
kg	4	kg
g	300	g
g	300	g
L	10	L
KG	4	KG

Meal Leader	BBQ Dinner
Meal Schedule	Dinner
Date	Sunday Dinner

Dish Name	BBQ
Vegetarian (Y/N)	N
Cold or Hot	Hot

Cook Time	90mins
Serves	60

Ingredients	Quantities	unit
BBQ		
Charcoal	30	kg
Sausages - Plasworss bderworks	5	kg
Stirloiuun Steaks	5	kg
Wings	4	kg
Lamb shops	3	kg
vegan burgers	8	pieces
aubergine	5	kg
burger buns	15	pieces
hot dog sandwiches	80	pieces