

Pender Island Notes and Recipes

FOOD SAFETY!

1. Turn on grill as you arrive (with fan)
2. Every morning sanitize kitchen, tables and counter
3. Every time you enter kitchen wash your hands at kitchen wash sink
4. Out and In Door
5. Take apron off before leaving kitchen
6. If you wear apron outside kitchen get a clean one
7. No sampling! While preparing food
8. Tie back long hair (use hair spray to keep in place)
9. Closed toe shoes in kitchen
10. Turn on exhaust fan when grill is on
11. Veg and fruit wash (2 tbsp of vinegar / pan of water)
12. Meat on lower shelves in fridge
13. Label leftovers and open bags / containers

Orange Chicken

Main Meal

Sunday Supper

Gluten Free

of people: 45

Servings per person: 1.5

**Ensure this meal is quick and easy for you.*

4 servings	67.5 servings
30 ml Soya Sauce (gluten free)	2.03 cups Soya Sauce (gluten free)
30 ml Brown Sugar	2.03 cups Brown Sugar
30 ml Thawed orange juice concentrate	2.03 cups Thawed orange juice concentrate
2 cloves Garlic, Minced	33.75 cloves Garlic, Minced
5 ml Orange zest, finely grated	0.34 cups Orange zest, finely grated
5 ml Ginger, Fresh, Minced	0.34 cups Ginger, Fresh, Minced
2.5 ml Pepper, Ground, Fresh	0.17 cups Pepper, Ground, Fresh
8 each Chicken Thighs	135.00 each Chicken Thighs

Instructions:

1. Preheat your oven to 425 degrees. Spray a 9x13 pan with non stick cooking spray. If you want to be fancy, line the bottom of the pan with orange slices (optional).
2. In a small saucepan, combine the orange juice, orange zest, soy sauce, brown sugar, and ginger. Bring to a boil, then reduce heat to medium-low and simmer for about 5 minutes.
3. Place your chicken skin-side up in the prepared baking dish. Pour half of the glaze over the chicken.
4. Cook in the oven for about 30 minutes. Take the remaining glaze and pour it over the chicken.
5. Cook for an additional 15-20 minutes. The skin will get nice and crisp and browned.

Potential Sides

Rice

Soya Sauce

Carrots, Sliced, 1 5lb bag

Broccoli, Steamed, 3 costco bags

Monday Breakfast

Main Meal

Monday Breakfast

Gluten Free Options

of people: 45

Servings:

**They didn't love the Greek Yogurt, if you can't get bulk vanilla, this will need to be mixed with something sweet.*

8 servings	
500 ml Berry Compote	33.8 cups Berry Compote
Optional Toppings: Plain/Vanilla yogurt or whipped cream, additional maple syrup or honey or fruit	

Instructions:

1. Preheat the oven to 375 degrees. Grease a 9-inch square baking dish. Once the oven has finished preheating, pour the nuts onto a rimmed baking sheet. Toast for 4 to 5 minutes, until fragrant.
2. In a medium mixing bowl, combine the oats, toasted nuts, cinnamon, baking powder, salt and nutmeg. Whisk to combine.
3. In a smaller mixing bowl, combine the milk, maple syrup or honey, egg, half of the butter or coconut oil, and vanilla. Whisk until blended. (If you used coconut oil and it solidified in contact with the cold ingredients, briefly microwave the bowl in 30 second increments, just until the coconut oil melts again.)

List of Food and Toppings

Pancakes (1 bag from Costco) we added eggs	2 per person
Gluten Free Waffles	
Scrambled Eggs	9 Cartons from Wholesale
Bacon	4 packages (needed more)
Berry Fruit Compote	
Yogurt	1/4 cup each per person
Ketchup	
Margarine	
Syrup	
Hot Sauce	

Mac Attack

Main Meal

Monday Lunch

Not Gluten Free - need another option

of people: 45

Servings per person: 1.5

**Trust this recipe! It's a good one!*

8 servings	67.5 servings
625 ml 1% milk	21.09 cups 1% milk
62.5 ml Flour	2.11 cups Flour
2.5 ml Mustard, Dry	0.08 cups Mustard, Dry
2.5 cloves Salt	21.09 cloves Salt
1.25 ml Paprika	0.04 cups Paprika
1.25 ml Pepper, Black	0.04 cups Pepper, Black
375 ml Cheese, Sharp Cheddar, Shredded	12.66 cups Cheese, Sharp Cheddar, Shredded
2 oz Cream Cheese, Light	16.88 oz Cream Cheese, Light
62.5 ml Onions, Minced	2.11 cups Onions, Minced
45 ml Parmesan Cheese	1.52 cups Parmesan Cheese
750 ml Macaroni, Elbow (3 cups dry)	25.31 cups Macaroni, Elbow (3 cups dry)
Topping:	
62.5 ml Bread Crumbs	2.11 cups Bread Crumbs
15 ml Parmesan Cheese	0.51 cups Parmesan Cheese

****x6 will serve 50 well with some leftovers**

Instructions:

1. In a medium saucepan, combine the milk and flour until smooth. Cook over medium high heat until mixture is bubbly and thickened, about 7-8 minutes
2. Stir in dry mustard, salt, paprika, pepper, all cheeses and onions. Continue to cook until the cheeses are completely melted.
3. Combine cheese sauce with cooked macaroni. Transfer to a large casserole dish that has been sprayed with non-stick spray.
4. Mix bread crumbs and parmesan cheese. Sprinkle over macaroni. Bake at 350, uncovered for 30 minutes. Serve immediately.

Potential Sides & Extras

Spinach Salad (see recipe)

Hot Sauce

Spinach Salad

Side Dish

Monday Lunch

Gluten Free

of people: 45

Servings per person: 1

**Poppy Seed may have made Owen Lalonde sick*

**3 bags from Costco was large enough for lunch*

8 servings		45 servings	
1 lb	Spinach	5.63 lb	Spinach
250 ml	Strawberries	5.63 cups	Strawberries
15 ml	Poppy Seed	0.34 cups	Poppy Seed
30 ml	Sesame Seed	0.68 cups	Sesame Seed
125 ml	White Sugar	2.81 cups	White Sugar
10 ml	Minced Onion	0.23 cups	Minced Onion
1.25 ml	Paprika	0.03 cups	Paprika
62.5 ml	Vinegar, White Wine	1.41 cups	Vinegar, White Wine
62.5 ml	Vinegar, Cider	1.41 cups	Vinegar, Cider
125 ml	Oil, Vegetable	2.81 cups	Oil, Vegetable

Instructions:

- 1, Load the bowl with spinach
2. Chop up strawberries and add to spinach
3. Mix with dressing

Shepherd's Pie

Main Meal
Monday Supper
Gluten Free

of people: 45
Servings per person: 1.5

**They loved it and David appreciated leftovers.*

6 servings	67.5 servings
1.5 lbs Ground Beef, Extra Lean	16.88 lbs Ground Beef, Extra Lean
250 ml Onions, Chopped	11.25 cups Onions, Chopped
10 ml Garlic, Minced	0.45 cups Garlic, Minced
5 cloves Paprika	56.25 cloves Paprika
2.5 ml Thyme, Dried	0.11 cups Thyme, Dried
250 ml Peas & Carrots, Frozen	11.25 cups Peas & Carrots, Frozen
250 ml Corn, Frozen	11.25 cups Corn, Frozen
125 ml Beef Broth (veggie broth)	5.63 cups Beef Broth (veggie broth)
30 ml Chili Sauce	1.35 cups Chili Sauce
22.5 ml Worcestershire Sauce	1.01 cups Worcestershire Sauce
62.5 ml Salt	2.81 cups Salt
62.5 ml Pepper, Black, Freshly Ground	2.81 cups Pepper, Black, Freshly Ground
Topping:	
2.5 lbs Yukon Gold Potatoes	28.13 lbs Yukon Gold Potatoes
155 ml Parmesan Cheese	6.98 cups Parmesan Cheese
125 ml Sour Cream, light	5.63 cups Sour Cream, light
62.5 ml Salt	2.81 cups Salt
dash Nutmeg	#VALUE Nutmeg
Parsley, fresh for garnish	0.00 Parsley, fresh for garnish

Instructions:

1. To make filling, cook beef, onions and garlic in a large pot or skillet over medium-high heat until meat is no longer pink and onions are tender. Stir in paprika and thyme. Cook for 1 more minute. Add peas and carrots and corn. Mix well.
2. In a medium ;bowl or measuring cup, whisk together broth, chili sauce, flour and worcestershire sauce. Add to meat mixture in pot, along with salt and pepper. Reduce heat to medium-low. Let simmer, uncovered, for 5 minutes. Mixture will thicken slightly. Remove from heat, cover and keep warm while you prepare potato topping.
3. To make topping, place potatoes in a large pot and cover with water by 2 inches (salt water if desired). Bring to a boil. Add squash. Cook until both potatoes and squash are tender, about 12-14 minutes. Drain potatoes and squash in a colander. Return to pot. Sprinkle ½ cup parmesan over vegetables. Cover with lid and let stand for 1 minute for the cheese to melt. Add sour cream, salt and (tiny!) dash nutmeg. Mash well using a potato masher. Try to get out as many lumps as possible.
4. To assemble the casserole, spread the meat mixture evenly over the bottom of a 2-quart casserole dish. Top with potato-squash mixture. Fluff with a fork so small peaks are formed. Sprinkle remaining 2 tbsp Parmesan over potatoes. Bake at 375 for 25 minutes, until completely heated through. Remove from the oven. Sprinkle top with parsley, if desired. Let stand for 5 minutes before serving (it's hot!)

Potential Sides & Extras

Tossed Salad

Hot Sauce

Ketchup

Berry Crisp

Dessert

Monday Supper Dessert

*Made one with Gluten Free Ingredients

of people: 45

Servings per person: 0.6

**Serving calculation is based on experience*

**Serve with ice cream*

6 servings		27 servings	
166.66l ml	Old Fashioned Oats	3.00 cups	Old Fashioned Oats
166.6 ml	Flour, All Purpose	3.00 cups	Flour, All Purpose
62.5 ml	Brown Sugar	1.13 cups	Brown Sugar
83.33 ml	Sugar, Granulated	1.50 cups	Sugar, Granulated
1.25 ml	Salt	0.02 cups	Salt
1.25 ml	Cinnamon, Ground	0.02 cups	Cinnamon, Ground
125 ml	Butter, Unsalted, melted	2.25 cups	Butter, Unsalted, melted
Filling:			
6 cups	Frozen Mixed Berries (2, 10oz bags)	27.00 cups	Frozen Mixed Berries (2, 10oz bags)
5 ml	Lemon Juice	0.09 cups	Lemon Juice
62.5 ml	Sugar, Granulated	2.81 cups	Sugar, Granulated
62.5 ml	Flour, All Purpose	2.81 cups	Flour, All Purpose

Instructions:

1. Preheat oven to 350°F. Grease a 9 ½ inch deep dish pie plate or similar sized baking dish. Set aside.
2. Topping: In a large bowl, combine oats, flour, sugars, salt, and cinnamon. Add melted butter and stir until well combined. Transfer to the freezer for a few minutes while you assemble the fruit filling.
3. Filling: In a large bowl, combine all filling ingredients. Stir gently until well combined. Dump into prepared baking dish. If using frozen berries, some of the flour/sugar might have settled on the bottom of your mixing bowl. Add it to the baking dish with the berries.
4. Sprinkle the topping over the berries (pressing some of it together with your fingers to form clumps). Bake for 40-50 minutes until the fruit is bubbling and juicy and the topping is light golden brown. Cool slightly, serve warm with vanilla ice cream.

Potential Extras

Ice Cream

Gluten & Dairy Free Baked Oatmeal # of people: 45

Main Meal

Servings: 3 trays for each fruit

Tuesday Breakfast

Gluten Free

**Great recipe and amounts*

8 servings		Make this recipe x3 for each topping	
500 ml	Oats, Old Fashioned, Gluten Free	12.0 cups	Oats, Old Fashioned, Gluten Free
10 ml	Cinnamon, Ground	0.2 cups	Cinnamon, Ground
5 ml	Baking Powder	0.1 cups	Baking Powder
3.75 ml	Salt, Sea, Fine Grain	0.1 cups	Salt, Sea, Fine Grain
1.25 ml	Nutmeg, Ground	0.0 cups	Nutmeg, Ground
437.5 ml	Milk, Oat or Coconut	10.5 cups	Milk, Oat or Coconut
83.333 ml	Honey or Maple Syrup	2.0 cups	Honey or Maple Syrup
2 each	Eggs, Large	12.0 each	Eggs, Large
45 ml	Butter, unsalted, melted	1.1 cups	Butter, unsalted, melted
10 ml	Vanilla Extract	0.2 cups	Vanilla Extract
10 ml	Sugar, Raw	0.2 cups	Sugar, Raw
<u>Toppings x 3</u>			
12 oz	Chocolate Chips / Bananas	36.0 oz	Chocolate Chips / Bananas
12 oz	Blueberries, fresh	36.0 oz	Blueberries, fresh
Optional Toppings: Plain/Vanilla yogurt or whipped cream, additional maple syrup or honey or fruit			

Instructions:

1. Preheat the oven to 375 degrees. Grease a 9-inch square baking dish. Once the oven has finished preheating, pour the nuts onto a rimmed baking sheet. Toast for 4 to 5 minutes, until fragrant.
2. In a medium mixing bowl, combine the oats, toasted nuts, cinnamon, baking powder, salt and nutmeg. Whisk to combine.
3. In a smaller mixing bowl, combine the milk, maple syrup or honey, egg, half of the butter or coconut oil, and vanilla. Whisk until blended. (If you used coconut oil and it solidified in contact with the cold ingredients, briefly microwave the bowl in 30 second increments, just until the coconut oil melts again.)
4. Reserve about ½ cup of the berries for topping the baked oatmeal, then arrange the remaining berries evenly over the bottom of the baking dish (no need to defrost frozen fruit first). Cover the fruit with the dry oat mixture, then drizzle the wet ingredients over the oats. Wiggle the baking dish to make sure the milk moves down through the oats, then gently pat down any dry oats resting on top.
5. Scatter the remaining berries across the top. Sprinkle some raw sugar on top if you'd like some extra sweetness and crunch.
6. Bake for 42 to 45 minutes (if using frozen berries, 45 to 50 minutes), until the top is nice and golden. Remove your baked oatmeal from the oven and let it cool for a few minutes. Drizzle the remaining melted butter on the top before serving.
7. Serve as-is or with toppings of your choice. I prefer this baked oatmeal served warm, but it is also good at room temperature or chilled. This oatmeal keeps well in the refrigerator, covered, for 4 to 5 days. If desired, simply reheat individual portions in the microwave before serving.

Potential Sides

Sausage, gluten free ones from Costco	2 each per person, round up package
Fruit	
Yogurt	1/4 cup each per person
Boiled Eggs	.75 each per person

Flavorful Chicken Fajitas

of people: 45

Main Meal

Servings per person: 1.50

Tuesday Lunch

Gluten Free

** Very filling meal, fullness carried over to next day*

** Use slightly smaller portions*

6 servings		67.5 servings	
60 ml	Canola oil, divided	2.7 cups	Canola oil, divided
30 ml	Lemon Juice	1.4 cups	Lemon Juice
7.5 ml	Seasoning Salt		
7.5 ml	Oregano, Dried		
7.5 ml	Cumin, Ground		
5 ml	Garlic Powder		
2.5 ml	Chili Powder		
2.5 ml	Paprika		
2.5 ml	Red Pepper Flakes, crushed		
1.5 lbs	Pork Tenderloin or Chicken Breasts, thin cut	16.9 lbs	Pork Tenderloin or Chicken Breasts, thin cut
0.5 each	Red Pepper, Sweet, Medium, julienned	5.6 each	Red Pepper, Sweet, Medium, julienned
0.5 each	Green Pepper, Sweet, Medium, julienned	5.6 each	Green Pepper, Sweet, Medium, julienned
4 each	Green Onions, thinly sliced	45.0 each	Green Onions, thinly sliced
125 ml	Onion, Chopped	5.6 cups	Onion, Chopped
6 each	Tortillas	67.5 each	Tortillas
Optional Toppings: Shredded Cheddar cheese, taco sauce, guacamole, sliced red onions, sour cream			

Instructions:

- 1,
- 2.
- 3.
- 4.
- 5.

Potential Sides for 45 people

Rice

Black Bean Corn Salad (see recipe)

Alternate Fajita Spice Mix

Spice

Gluten Free

of people: 45

Servings per person: 1

54 servings	45 servings
45 ml Chili Powder	2.0 cups Chili Powder
30 ml Cumin, Ground	1.4 cups Cumin, Ground
30 ml Paprika, Smoked	1.4 cups Paprika, Smoked
30 ml Garlic Powder	1.4 cups Garlic Powder
15 ml Onion Powder	0.7 cups Onion Powder
15 ml Granulated Sugar	0.7 cups Granulated Sugar
7.5 ml Pepper, Black	0.3 cups Pepper, Black
7.5 ml Salt, Kosher	0.3 cups Salt, Kosher
3.75 ml Cayenne Pepper	0.2 cups Cayenne Pepper

Black Bean & Corn Salad

Little Side

Tuesday Lunch

Gluten Free

of people: 45

Servings per person: 0.50

6 servings	22.5 servings
2 Cans Black Beans, drained and rinsed	7.5 Cans Black Beans, drained and rinsed
325 ml Corn Kernels, fresh, frozen, canned	4.9 cups Corn Kernels, fresh, frozen, canned
1 ml Onion, Red, Minced	0.0 cups Onion, Red, Minced
1 each Red Bell Pepper, diced	3.8 each Red Bell Pepper, diced
1 each Jalapeno, ribs and seeds removed, minced	3.8 each Jalapeno, ribs and seeds removed, minced
83.33 ml Cilantro leaves, chopped	1.2 cups Cilantro leaves, chopped
2.5 ml Oil, Olive	0.0 cups Oil, Olive
2.5 ml Lime Juice	0.0 cups Lime Juice
2.5 ml Honey	0.0 cups Honey
1.5 ml Chili Powder	0.0 cups Chili Powder
0.5 each Cumin	1.9 each Cumin
0.5 each Salt	1.9 each Salt
4 each Pepper	15.0 each Pepper

Instructions:

1. Place the black beans, corn, red onion, red bell pepper, avocado, and jalapeno in a large bowl.
2. In a small bowl, whisk together the cilantro, olive oil, lime juice, honey, chili powder, cumin, S&P
3. Pour the dressing over the beans and vegetables and toss gently to coat.
4. Serve.

Festive Glazed Baked Ham

of people: 45

Main Meal

Servings per person: 1.5

Tuesday Supper

Gluten Free From Paula

** The big lunch may have reduced their appetite*

**Three hams were enough, fourth good for other meals.*

25 servings		67.5 servings	
9 lbs	Ham, bone-in from Costco (4.1 kg)	24.3 lbs	Ham, bone-in from Costco (4.1 kg)
125 ml	Pineapple Juice	1.4 cups	Pineapple Juice
125 ml	Corn Starch	1.4 cups	Corn Starch
250 ml	Brown Sugar, Lightly Packed	2.7 cups	Brown Sugar, Lightly Packed
30 ml	Flour	0.3 cups	Flour
15 ml	Dry Mustard	0.2 cups	Dry Mustard
45 each	Cloves, whole	121.5 each	Cloves, whole

Instructions:

1. Scrub skin well with cold water.
2. Place ham fat side up in a pan.
3. Bake at 300 F (approx. 25-30 min per lb.) according to type or directions if ham is partly cooked.
4. Remove from oven.
5. Remove rind.
6. Score the fat in diamonds - do not cut too deeply.
7. Stick a whole clove in the center of each diamond.
8. Brush fat with glaze.
9. Place in preheated 500 F oven for 10-15 minutes to brown glaze. Baste frequently with syrup mixture that drips into pan.
10. Remove from oven and continue to baste for 10 minutes.

Glaze Instructions:

1. Combine pineapple juice (from can) with cornstarch.
2. To thicken hot liquids, first mix cornstarch with a little cold water until smooth. Gradually stir into hot liquid until blended. Stirring constantly, bring to a boil and boil one minutes. (1 tbsp to 1 cup)
3. Brush over fat.
4. Combine dry ingredients, add vinegar to make a thick paste.
5. Spread over surface of ham.

Greek Potatoes

Side Dish

Tuesday Supper

Gluten Free

of people: 45

Servings per person: 1

**May need to cook a bit longer than you think.*

6 servings	45 servings
3 lbs baby gold potatoes, halved or quartered as needed to be 1½- to 2-inches (I like Honey Gold Bite-Sized Potatoes)	22.5 lbs baby gold potatoes, halved or quartered as needed to be 1½- to 2-inches (I like Honey Gold Bite-Sized Potatoes)
325 ml Olive Oil	9.8 cups Olive Oil
1 ml Broth, chicken or veggie	0.0 cups Broth, chicken or veggie
1 each Lemon, zested and juiced	7.5 each Lemon, zested and juiced
10 ml Oregano, dried	0.3 cups Oregano, dried
5 ml Salt	0.2 cups Salt
1.25 ml Garlic Powder	0.04 cups Garlic Powder
to taste Pepper, Black	0.0 to taste Pepper, Black
15 ml Parsley, Fresh	0.5 cups Parsley, Fresh

Instructions:

1. Preheat oven to 400 degrees F.
2. Place the potatoes in a single layer on a large rimmed baking sheet.
3. Combine the chicken broth, olive oil, lemon juice and zest, oregano, salt, garlic powder, and pepper in a small bowl.
4. Pour the mixture over the potatoes and toss to coat the potatoes.
5. Transfer the baking sheet to the oven and roast for 20 minutes and then toss the potatoes, spread them back out in an even layer, and continue to cook for an additional 25 to 30 minutes, or until fork tender and golden brown.

Additional Sides for 45 people

Peas and Carrots

Broccoli

Caramel Pudding Cake

of people: 45

Dessert

Servings per person: 1

Tuesday Supper

With Whipping Cream, Gluten Free Option Needed **Use the full liquid amount, it will be great!*

**Jello as a gluten free option*

9 servings	45 servings
312.5 ml Flour	6.3 cups Flour
187.5 ml Sugar	3.8 cups Sugar
7.5 ml Baking Powder	0.2 cups Baking Powder
2.5 ml Baking Soda	0.1 cups Baking Soda
1.25 ml Salt	0.0 cups Salt
125 ml Buttermilk	2.5 cups Buttermilk
15 ml Canola Oil	0.30 cups Canola Oil
125 ml Brown Sugar, Packed	2.5 cups Brown Sugar, Packed
375 ml Boiling Water	7.5 cups Boiling Water

Instructions:

1. Heat oven to 350. In a large bowl, mix flour, sugar, baking powder, baking soda and salt with a spoon
2. Stir in buttermilk and oil (batter will be thick). In an ungreased 8-9" square pan, spread batter.
3. In a small bowl, mix brown sugar and boiling water with a spoon. Pour over batter.
4. Bake for 45-55 minutes or until the cake is deep golden brown and the toothpick comes out clean.
5. Serve warm.

Hashbrowns & Egg McMuffins

Main Meal
Wednesday Breakfast
Gluten Free Options

of people: 45
Servings: 1 or 1.5

1 servings	something
125 ml Hashbrowns (Tater Tots)	33.8 cups Hashbrowns (Tater Tots)
1 each Egg McMuffins	67.5 each Egg McMuffins
1 each Eggs, Large	67.5 each Eggs, Large
1 slice Cheese	67.5 slice Cheese
1 each Sausage	67.5 each Sausage
1 each GF Toast	4.0 each GF Toast
Potential Sides	
Fruit	
Yogurt	1/4 cup each per person
Granola	1 bag

Ham Noodle Soup

Little Side

Wednesday Lunch

of people: 45

Servings per person: 0.50

6 servings		22.5 servings	
15 ml	Oil, Olive	0.23 cups	Oil, Olive
1 each	Onion, Diced	3.75 each	Onion, Diced
4 cloves	Garlic, Minced	15.00 cloves	Garlic, Minced
2 each	Carrots, Chopped	7.50 each	Carrots, Chopped
1 rib	Celery, Chopped	3.75 rib	Celery, Chopped
	Ham	0.00	Ham
	Ham Broth	0.00	Ham Broth
200 g	Green Beans, Chopped in thirds	0.75 kg	Green Beans, Chopped in thirds
187.5 ml	Corn (Frozen)	2.81 cups	Corn (Frozen)
120 g	Spinach Leaves, Baby	0.45 kg	Spinach Leaves, Baby
500 ml	Water	7.50 cups	Water
200 g	Vermicelli or Egg Noodles	0.75 kg	Vermicelli or Egg Noodles
	Salt	0.00	Salt
	Pepper	0.00	Pepper
62.5 ml	Parsley, finely chopped	0.94 cups	Parsley, finely chopped

Instructions:

1. Heat oil in a large pot over medium heat. Cook onion for 2 minutes, then add garlic, celery and carrots; cook for 5 minutes.
2. Add the chicken thighs, broth (stock), crushed bouillon, green beans and corn kernels. Top up with water if needed to cover all the ingredients.
3. Increase heat and bring to a boil for about 4 minutes. Reduce heat, partially cover the pot with a lid, and allow to simmer for 20 minutes or until the chicken is cooked through.
4. Transfer chicken to a plate and shred the meat; discard the bones.
5. Add the chicken back into the soup along with the noodles. Cover and cook for 5-8 minutes while stirring occasionally to separate noodles.
6. Stir in the spinach leaves and allow to wilt in the soup (about 3 minutes, pressing leaves into the liquid with the tip of a wooden spoon). Mix parsley through. Season with salt and pepper, to taste.
7. Serve Warm

Potential Sides & Extras

Grilled Cheese - Bread

Margarine

Cheese

Veggie Tray

Ketchup

Hot Sauce

Sausage & Kale Soup

of people: 45

Little Side

Servings per person: 0.50

Wednesday Lunch

6 servings	22.5 servings
20 ml Oil, Olive, Divided	0.3 cups Oil, Olive, Divided
Italian Sausages, Casings Removed, Mild	Italian Sausages, Casings Removed, Mild
3 each	11.3 each
1 each Onion, Finely chopped	3.8 each Onion, Finely chopped
1 each Carrot, Thinly Sliced	3.8 each Carrot, Thinly Sliced
1 rib Celery Stalk, Thinly Sliced	3.8 rib Celery Stalk, Thinly Sliced
1.25 ml Salt	0.0 cups Salt
900 ml Broth	13.5 cups Broth
4 cups Water	15.0 cups Water
White Kidney Beans, Drained and Rinsed (Half a can)	White Kidney Beans, Drained and Rinsed (Half a can)
270 ml	4.1 cups
187.5 ml Ditalini or other very small pasta	2.8 cups Ditalini or other very small pasta
Kale, ribs removed and chopped (about 8 cups)	Kale, ribs removed and chopped (about 8 cups)
1 bunch	3.8 bunch
30 ml Tomato Paste	0.5 cups Tomato Paste

Instructions:

1. Heat 2 tsp oil in a large pot over medium. Crumble sausage into pan. Using a wooden spoon, break up sausage into small pieces. Cook until no pink remains, 5-6 minutes. Transfer to a bowl.
2. Add remaining 2 tsp oil to the same pot, then add onion, carrot, celery and salt. Cook, stirring often, until the onion is soft, 6-7 minutes. Stir in sausage, chicken broth, water and beans. Boil, then reduce heat to medium-low and simmer, covered, 5 minutes.
3. Stir in pasta, kale and tomato paste. Increase heat to medium-high and continue cooking until pasta is tender, about 10 minutes.
4. Serve Warm

Potential Sides & Extras

Split Pea Soup

Little Side

Wednesday Lunch

of people: 45

Servings per person: 0.25

8 servings	11.25 servings
500 ml Split peas, dried	2.81 cups Split peas, dried
12 cups Cold Water	16.88 cups Cold Water
1 large Ham Bone	1.41 large Ham Bone
1 large Onion, Chopped	1.41 large Onion, Chopped
250 ml Celery, Diced	1.41 cups Celery, Diced
250 ml Turnip, Diced	1.41 cups Turnip, Diced
125 ml Parsnip, Diced	0.70 cups Parsnip, Diced
250 ml Carrots, Diced	1.41 cups Carrots, Diced
45 ml Butter	0.25 cups Butter
45 ml Flour	0.25 cups Flour

Instructions:

1. Let peas soak in cold water overnight. Next day place in a large pot and add the remaining ingredients. Cover and simmer for 2.5-3 hours or until peas are tender.
2. Remove ham bone and cut off meat. Return to pot, add 3 tbsp of butter and flour to 1 cup of the soup. Blend well and slowly pour into the soup pot.
3. Simmer. Stirring until thickened.
4. Serve with fresh hot buttered rolls.

Potential Sides & Extras

Vietnamese Caramelized Pork

of people: 45

Main Meal

Servings per person: 1.50

Wednesday Lunch

Gluten Free

**It was great to have a light supper option now!*

4 servings	67.5 servings
22.5 ml Oil, Peanut	1.52 cups Oil, Peanut
0.5 each Onion, Finely Chopped	8.44 each Onion, Finely Chopped
10 ml Ginger, Grated or Minced	0.68 cups Ginger, Grated or Minced
2 cloves Garlic, Minced	33.75 cloves Garlic, Minced
1 each Thai Chili	16.88 each Thai Chili
1 lb Ground Pork	16.88 lb Ground Pork
45 ml Brown Sugar	3.04 cups Brown Sugar
30 ml Fish Sauce	2.03 cups Fish Sauce
1 each Lime Zest	16.88 each Lime Zest
1/8 each Lime Juice	2.00 each Lime Juice

<https://poshjournal.com/vietnamese-caramelized-pork-bowls#recipe>

Instructions:

1. Heat 1½ tablespoons of oil in a large skillet over high heat. Add pork and cook undisturbed for 1 minute. Add a pinch of salt and black pepper then cook for 4 minutes or until brown.
2. Transfer the pork to a colander to remove the excess liquid and fat. Drain and set aside.
3. Heat 1½ tablespoons of oil in a large skillet over high heat. Add shallots, cook for 1 minute, then add ginger and chili and cook for 1 minute. Add garlic and cook for about 15 seconds. Keep stirring.
4. Add the browned pork back into the pot and stir. Add fish sauce and brown sugar. Stir then let it cook undisturbed to caramelize for about 1 minute. Stir again for a few seconds and let it cook undisturbed for another 1 minute.
5. Gently scrape up the brown bits from the bottom of the pan to prevent burning.
6. Repeat this process if necessary or until you reach the desired consistency or crispiness. The pork meat should turn golden brown with caramelized flavors. Do not overcook to prevent burnt taste and dry meat. Add salt and pepper if necessary.
7. Add chopped scallions, lime zest, and lime juice. Give it a quick stir for a few seconds, then turn off the heat. Serve with white rice or lettuce and more lime juice if desired. Enjoy!
8. Serve over rice or vermicelli noodles, garnished with sliced scallions/shallots. For a low carb, low cal option, try Cauliflower Rice! I like to have chunks of plain cucumber and pickled carrots on the side which is a classic way of making Vietnamese bowls

Potential Sides & Extras

Serve with: rice, sliced red chili, tomato, cucumber, green onion

Sides include:

Edamame	4 cups
Broccoli	2 oz
Sliced Cucumber	6 cups
Pickled Carrots and Daikon	

NOTES

Step #1 is crucial, do not skip it.

The Nutrition is for the caramelized minced pork only. It doesn't include white rice or lettuce.

Other Meat Besides Pork: ground beef, turkey, or chicken.

Lime. You can replace lime with lemon if that's the only thing you have available.

Shallots. You can also use red onions but must cook them a bit longer until soft and translucent.

Garlic and ginger. If you love garlic and ginger, feel free to double the amount.

Vietnamese Fish Sauce: I used Viet Huong Fish Sauce (also known as Three Crabs Fish Sauce). You can find them at Target, Ralphs, or any Asian grocers for around \$4-\$6 per big bottle. Alternatively, you can use Thai fish sauce. Please note that not all fish sauce products/brands are created equal and they usually have different sodium levels (ex: Thai fish sauce has a lower sodium content than Vietnamese fish sauce). To add saltiness to the dish, just add a small amount of salt. Do not go overboard with fish sauce or all you'll taste is fish sauce.

Fresh chili pepper. If you are worried about the spicy level, use red bell pepper instead of red chili pepper or skip it. If you can't find red jalapeno or red serrano pepper, you can use 1-2 small pieces of Thai chili peppers or more as a replacement ingredient.

If you want to serve this as an appetizer, choose lettuce, cucumber, and some pickled vegetables. Or, serve it as a main dish with some brown or white rice, noodles, fried egg, and/or Korean spinach salad.

Sliced red chilli, tomato, cucumber (optional)

Quick Pickled Veggies

Little Side
Wednesday Lunch
Gluten Free

of people: 45
Servings per person: 0.50

**Delicious!*

10 servings	22.5 servings
2 oz Carrots	4.5 oz Carrots
2 oz Daikon	4.5 oz Daikon
125 ml Water	1.1 cups Water
62.5 ml Vinegar, Rice Wine	0.6 cups Vinegar, Rice Wine
62.5 ml Sugar	0.6 cups Sugar

Instructions:

- 1, To make the pickle liquid, combine water, vinegar, and sugar in a bowl and whisk until the sugar has dissolved.
2. Divide the pickle juice into two bowls. Add carrots and daikon separately in each bowl. Let the vegetables pickle for 2 hours

Dessert
Brownies
Ice Cream

Cereal and Leftovers

Main Meal
Thursday Breakfast
Gluten Free Options

of people: 45
Servings: 1 or 1.5

**Label Honey Nut Cheerios so they eat it.*

1 servings	something
125 ml Cinnamon Toast Crunch	12.0 cups Cinnamon Toast Crunch
125 ml Honey Nut Cheerios	12.0 cups Honey Nut Cheerios
125 ml Vector	12.0 cups Vector
125 ml Chex (GF)	12.0 cups Chex (GF)
1 each Milk	67.5 each Milk
1 each Eggs (Cartons of 20)	4.0 each Eggs (Cartons of 20)
Ham	Ham
Potential Sides	
Fruit	
Yogurt	1/4 cup each per person
Granola	1 bag

Pizza Meal

Main Meal

Thursday Lunch

Gluten/Dairy Free Option

of people: 45

Pieces Per Person 3.50

**We had a lot with 7 sheets*

**32 pieces a sheet*

1 sheet	5 sheets
937.5 ml Flour	18.8 cups Flour
5 ml Sugar	0.1 cups Sugar
1 envelop Yeast	5.0 envelop Yeast
10 ml Salt	0.2 cups Salt
375 ml Water	7.5 cups Water
40 ml Oil	0.8 cups Oil

Instructions:

1. Rise 1 hour, cut in half, let sit for 10 minutes
2. To feed 50 make 6 recipes (an extra 7th will make some for breakfast)
3. To cook / bake, preheat oven to 450, allow 35 minutes in the oven

Notes for 6 Pizzas (see *Notes page for more info)

- 1 Gluten Free Frozen Pizza
- 2 Pepperoni with a corner for cheese
- 1-2 Ham and Pineapple
- 1 Meat Lovers
- 1 Supreme with all the leftovers

Potential Sides & Extras

- Pop
- Veggie Tray

Hamburger Meal

Main Meal

Thursday Supper

Gluten Free Option

of people: 45

Servings per person: 1.25

**Ensure patties are in the freezer*

**Serve salad as an appetizer to make it "fancy"*

1 Serving	56.25 Servings
1 each Buns	56.3 each Buns
1 each Patties	56.3 each Patties
0.5 leaf Lettuce	28.1 leaf Lettuce
1 slice Tomatoes	56.3 slice Tomatoes
1 ring Onions	56.3 ring Onions
1 each Pickles	56.3 each Pickles
10 ml Cheese	2.3 cups Cheese
10 ml Mayo	2.3 cups Mayo
10 ml Ketchup	2.3 cups Ketchup
10 ml Mustard	2.3 cups Mustard
10 ml Relish	2.3 cups Relish
10 ml BBQ Sauce	2.3 cups BBQ Sauce
4 each Gluten Free Buns	4.0 each Gluten Free Buns

Instructions:

- 1, Make sure hamburger meat is in the freezer
2. Toast Gluten Free Buns whether frozen or not
3. To cook / bake, preheat oven to 450, allow 35 minutes in the oven

Potential Sides & Extras

Salad - if serving last night, make it a three course meal and serve salad first

Chips

Candles, Sprinkles, Icing

Ice Cream

Birthday Cake for dessert - *2 boxes is plenty for 50 people*

Tossed Salad Bar

Side Dish

Monday Supper, Thursday Supper

Gluten Free

of people: 45

Servings per person: 1.00

**With one cabbage we had lots leftover*

50 servings	100 servings
6 heads Lettuce	12.0 heads Lettuce
1 heads Red Cabbage	1.0 heads Red Cabbage
1500 ml Carrots, grated (1 lb)	12.0 cups Carrots, grated (1 lb)
250 ml Red Onion (1 medium)	2.0 cups Red Onion (1 medium)
1500 ml Tomatoes (6 large or 1 large box of grape)	12.0 cups Tomatoes (6 large or 1 large box of grape)
1500 ml Sweet Peppers (4-5 large)	12.0 cups Sweet Peppers (4-5 large)
6 each Cucumbers, cut in half lengthwise and sliced	12.0 each Cucumbers, cut in half lengthwise and sliced

Instructions:

- 1, Wash, dry lettuce, cut into bite size pieces
2. Chop Veggies
3. Mix
4. Serve.

Maple Balsamic Dressing

Dressing

Monday Supper, Thursday Supper

Gluten Free

of people: 45

Servings per person: 1.11

50 servings	50 servings
62.5 ml Vinegar, Balsamic	0.3 cups Vinegar, Balsamic
5 ml Honey or Maple Syrup	0.0 cups Honey or Maple Syrup
1 each Garlic clove, grated	1.0 each Garlic clove, grated
10 ml Mustard, Dijon	0.0 cups Mustard, Dijon
2.5 ml Salt, Sea	0.0 cups Salt, Sea
Pepper, freshly ground black	0.0 Pepper, freshly ground black
92.5 ml Oil, Extra Virgin Olive	0.4 cups Oil, Extra Virgin Olive

Lemon-Tahini Dressing

of people: 45

Dressing

Servings per person: 1.11

Monday Supper, Thursday Supper

Gluten Free

50 servings	50 servings
1 each Garlic clove, large	1.0 each Garlic clove, large
125 ml Lemon Juice, Fresh	0.5 cups Lemon Juice, Fresh
60 ml Tahini	0.2 cups Tahini
60 ml Yeast, Nutritional (to taste)	0.2 cups Yeast, Nutritional (to taste)
60 ml Oil, Extra Virgin Olive	0.2 cups Oil, Extra Virgin Olive
2.5 ml Salt, Fine Sea	0.0 cups Salt, Fine Sea

Ranch Dressing

of people: 45

Dressing

Servings per person: 0.52

Monday Supper, Thursday Supper

Gluten Free 1.5 cups

24 servings	24 servings
125 ml Mayonnaise	0.5 cups Mayonnaise
125 ml Sour Cream	0.5 cups Sour Cream
125 ml Buttermilk or Regular Milk	0.5 cups Buttermilk or Regular Milk
5 ml Dill Weed, Dried	0.0 cups Dill Weed, Dried
2.5 ml Parsley, Dried	0.0 cups Parsley, Dried
2.5 ml Chives, Dried	0.0 cups Chives, Dried
1.25 ml Onion Powder	0.0 cups Onion Powder
2.5 ml Garlic Powder	0.0 cups Garlic Powder
1.25 ml Salt, Fine Sea	0.0 cups Salt, Fine Sea
0.625 ml Pepper, Finely Cracked	0.0 cups Pepper, Finely Cracked
10 ml Lemon Juice, Freshly Squeezed	0.0 cups Lemon Juice, Freshly Squeezed

<https://barefeetinthekitchen.com/homemade-ranch-salad-dressing/#wprm-recipe-container-20539>

Instructions:

- 1, Whisk together the mayo, sour cream and milk until smooth.
2. Add the spices and whisk until combined.
3. Add the lemon and whisk again.

Chipotle Dressing

Dressing

Monday Supper, Thursday Supper

Gluten Free

of people: 24

Servings per person: 1.00

24 servings	24 servings
125 ml Vinegar, Red Wine	0.5 cups Vinegar, Red Wine
125 ml Honey	0.5 cups Honey
125 ml Oil, Vegetable	0.5 cups Oil, Vegetable
5 ml Oregano, Dried	0.0 cups Oregano, Dried
2.5 ml Salt, Fine Sea	0.0 cups Salt, Fine Sea
2.5 ml Pepper, Black	0.0 cups Pepper, Black
1.25 ml Peppers, Chipotle in adobo sauce	
2.5 ml Garlic Cloves	
1.25 ml Salt, Fine Sea	
0.625 ml Pepper, Finely Cracked	
10 ml Lemon Juice, Freshly Squeezed	

<https://www.onceuponachef.com/recipes/copycat-recipe-chipotle-mexican-grills-chipotle-honey-vinaigrette>

Instructions:

1. Combine all of the ingredients in a blender or a mini food processor and process until smooth.
2. Taste and adjust seasoning if necessary.
3. Serve immediately or store in an airtight container in the refrigerator for up to 5 days.

Thousand Island Dressing

of people: 45

Dressing

Servings per person: 0.53

Monday Supper, Thursday Supper

Gluten Free (1 cup)

24 servings	24 servings
250 ml Mayonnaise	1.00 cups Mayonnaise
62.5 ml Onion, Yellow, Minced	0.25 cups Onion, Yellow, Minced
30 ml Ketchup	0.12 cups Ketchup
30 ml Relish, Sweet Pickle	0.12 cups Relish, Sweet Pickle
5 ml Lemon Juice (or vinegar)	0.02 cups Lemon Juice (or vinegar)
2.5 ml Paprika, Sweet	0.01 cups Paprika, Sweet
1.25 ml Salt, Kosher	0.01 cups Salt, Kosher

https://www.simplyrecipes.com/recipes/thousand_island_dressing/

Instructions:

1. Combine all of the ingredients in a blender or a mini food processor and process until smooth.
2. Taste and adjust seasoning if necessary.
3. Serve immediately or store in an airtight container in the refrigerator for up to 5 days.

Veggie Trays

of people: 45

Side Dish

Servings per person: 1.00

Monday Supper, Thursday Supper

Gluten Free

50 servings	100 servings
3 each Cucumbers	6.0 each Cucumbers
2.5 lbs Carrots	5.0 lbs Carrots
1.5 pkgs Cherry Tomatoes	3.0 pkgs Cherry Tomatoes
1 bags Celery Sticks	2.0 bags Celery Sticks
1 bags Peppers	2.0 bags Peppers

Pender Kitchen Rules

The stove sinks are for scrubbing / washing pots and pans. Trap the food with the food traps so that the drains stay clear.

Once the dishes are washed, transfer them to the sanitization station.

At the sanitization station:

You can wash off the plates with the sprayer, but by the time the dishes go into the sanitizer, they need to be free of food. Fill up the trays and put them into the sanitizer. Pull them out, but let them air dry. These can be stacked on the shelf above to dry and lined up on the whole of the counter.

Nothing can go past the exit point unless it has been sanitized.

You can fill up any and all of the water jugs at the sink, but it shouldn't be used for anything else.

If, after a few minutes, the dishes aren't dry, they can be dried with a paper towel

Cutlery goes through twice.

In the morning, the machine takes about 5-10 minutes to warm up. Just run it empty.

The dishwasher doesn't get emptied of water regularly, if they are free of food the sanitization in it will last a while and then won't overload their septic system, or pull too much water from the well. In 2023 they were on their 5th well in 50 years, because overuse draws in salt water and once it is in it is ruined.

Compost:

The bucket in the kitchen is for chicken compost. Please make sure you know what goes in there, it is labelled.

The green bucket by the dish return trays is for the island pigs. They can eat anything but pork.

Fridge:

Meat goes on the bottom

Gluten free and dairy free should be kept separate from the rest.

Place everything in food section order: Produce, Dairy, Etc.

Bring alternate shoes to wear in the kitchen.

Wear an apron, tie your hair back

There is a little fridge by the coffee station for cream

When packing at home: Put your spices and similar things in a sealed container so they remain clean.

Cleaning the Grill:

If you ask 10 professional chefs how to clean a commercial griddle, you're likely to get 10 different answers.

There are several ways to skin the proverbial cat.

While cleaning methods and materials may differ from chef to chef, the goal is universal: a clean, sanitary griddle that allows for efficient cooking and delicious, unadulterated food.

What You'll Need

- Griddle scraper
- Griddle brick/pumice stone
- Cooking oil
- Soda water/club soda
- Vinegar
- Rag
- It usually takes 5-10 minutes to properly clean a grill.

Directions

1. While the griddle is hot (350 or so), pour 1 cup of cooking oil (you can use fryer oil) onto the griddle surface.
2. Scrub the griddle surface with a **griddle brick**/pumice stone, making small concentric circles—Miyagi style—until the surface is clean.
3. Scrape the oil into the grease trough and discard. Turn the griddle off.
4. Pour (carefully) 1 cup of club soda/seltzer water onto the still-hot griddle. The carbonation helps loosen and lift stubborn grease.
5. Scrub the griddle surface with your griddle brick/pumice stone, making small concentric circles (others say wipe with the grain) until the surface is clean. Scrape remaining liquid into the trough for discarding.
6. Pour 1/2 cup of vinegar onto the griddle surface, spreading liquid out evenly across the entire surface and not allowing the vinegar to pool.
7. Rub the griddle surface with a rag, making small concentric circles until the surface is polished.
8. Scrape the vinegar into your grease trough and discard.
9. Rub the surface with a rag soaked in cooking oil to polish and reseason the steel.
10. Bask in the warm glow of your newly cleaned griddle.

"How Often Should I Clean My Commercial Griddle?"

If your griddle sees heavy daily use, we advise cleaning it daily. This will prevent flavor transfer, efficiency loss and unsightly burnt-oil-flake contamination.

OPTION TWO

How To Clean A Steel Griddle Plate:

1. At the end of service, allow griddle to cool down to 300°F-350°F and apply room temperature water.
2. Use a griddle scraper to remove debris from the surface.
3. Season the plate by applying oil, (In 2023 they had Grapeseed Oil - which has a smoke point of 420) and use a griddle brick on the surface. Rub with the grain of the metal while the griddle is still warm.
4. Another viable method is to use a griddle specified detergent on the plate surface, but be sure the detergent is thoroughly removed by flushing the cooking surface with room temperature water.
5. For hard to reach places, a putty knife may also be used to remove debris.

A commercial flat top grill or griddle is an important part of any kitchen, allowing you and your staff to quickly make an assortment of tasty food items on an evenly-heated surface. Keeping your griddle well-maintained and clean is necessary for the unit's overall safety and performance, but one other important task that needs to be done on the regular is seasoning the flat top griddle surface. This procedure helps keep the cooking surface in tip-top condition, and prevents food from sticking. Below is a step-by-step guide on how to properly season your flat-top grill or griddle.

Seasoning the Griddle

Step 1—Heat griddle to around 300°F – 350°F (150°C – 175°C) for 30 minutes. Then, turn it off and let it cool down.

Step 2—While the surface is slightly warm, apply a small amount of vegetable oil or any oil with a high smoking point. Spread the oil around the surface carefully with a soft, dry cloth or paper towel.

NOTE—Avoid corn oil as the high sugar content may cause the oil to caramelize and burn on the surface.

Step 3—After applying the oil, turn the heat back on to 350°F.

Step 4—Heat until oil on the griddle begins to smoke. Then, turn it off and let the griddle cool down completely.

Step 5—After cooling, wipe up any excess oil with a dry, soft cloth.

Season your flat top grill or griddle before you use it for the first time and as part of your griddle cleaning schedule. This will help keep your flat top working smoothly and allow you to perfectly cook pancakes, burgers and more with no issues.