



**Global
Expeditions Group**
YOU ARE YOUR EXPERIENCES

Cookbook

**“Recipes passed down through generations of hungry
teens who swore it tasted better last time.”**

- Mike

SAIL SIDE A/GOBEYOND MENU SESSION 1 & 2 - 2025			
	BREAKFAST	LUNCH	DINNER
DAY 1			Tortellini with marinara sauce, garlic bread, and salad
DAY 2	Cereal with fruit	Deli Sandwiches with baby carrots	Sloppy Joes with corn, mashed potatoes, and salad
DAY 3	Scrambled Eggs with muffins and fruit	PB & J and leftover Deli Sandwiches with baby carrots	Cheesy Alfredo Pasta with hot dogs, garlic bread, and salad
DAY 4	Oatmeal with fruit	Chicken Salad Sandwiches with baby carrots	Chili & Rice
DAY 5	Bagels and Yogurt with fruit	Spanish Town Lunch	Beef and Tomato Stroganoff with garlic bread and salad
DAY 6	Cereal with fruit	Mac and Cheese	Garden burger with mashed potatoes and baked beans
DAY 7	French Toast with fruit	PB&J with baby carrots	Leverick Bay BBQ
DAY 8	Oatmeal with fruit	Deli Sandwiches with baby carrots	Chicken Caesar Salad and Risotto with corn
DAY 9	Bagels and Yogurt with fruit	Grilled Cheese	Mexican Night
DAY 10	Breakfast Burritos with fruit and muffins	Ramen Noodle Soup	Summertime Thanksgiving with Green Bean Casserole
DAY 11	Cereal with fruit	Mac and Cheese	Tortellini with marinara sauce, side salad, and garlic bread
DAY 12	Pancakes with fruit	Trellis Bay Lunch	Chili & Rice
DAY 13	Scrambled Eggs with muffins and fruit	Tuscan White Bean Soup	Beach BBQ!
DAY 14	Oatmeal with fruit	Cheese and Chicken Quesadillas	Thai Red Curry with Chicken and Rice
DAY 15	Cereal with fruit	Cane Garden Bay Lunch	Sidney's Peace and Love BBQ!
DAY 16	French Toast with fruit	Chicken Salad Wraps with baby carrots	Franks and Beans with cornbread
DAY 17	Oatmeal with fruit	West End Lunch	Breakfast for Dinner with biscuits
DAY 18	Cereal with fruit	Ramen Noodle Soup with baby carrots	Mexican Night
DAY 19	Pancakes with fruit	Road Town Lunch	Cheddar Broccoli Pasta with biscuits and salad
DAY 20	Cereal or Oatmeal with fruit	PB&J	West End Final BBQ
DAY 21	Cereal		

Scrambled Eggs with Muffins	3
French Toast	4
Pancakes	5
Breakfast Burritos	6
Cereal	7
Oatmeal	8
Bagels and Yogurt	9
Deli Sandwiches, PB&J	10
Chicken Salad Sandwiches/Wraps	11
Mac & Cheese	12
Ramen Noodle Soup	13
Grilled Cheese	14
Tuscan White Bean Soup	15
Quesadillas	16
Tortellini	17
Sloppy Joes	18
Alfredo Pasta	19
Chili and Rice	20
Beef Stroganoff	21
Garden Burgers	22
Mexican Night	23
Caesar Salad and Risotto	24
Summertime Thanksgiving	25
Tikka Masala Curry	26
Franks and Beans	27
Creamy Pesto Pasta with Chicken	28
Cheddar Broccoli Pasta	29

Scrambled Eggs with Muffins

Ingredients

3 dozen eggs
1 box of muffins
1 pineapple or melon

Galleyware

Mixing bowl/baking tray
Large bowl/big pot/metal spatula or spoon
Cutting board/knife

Allergy Alert

Muffins contain tree nuts.

Pre Prep

Preheat the oven early.

Pro Tips

Stir the eggs continuously while cooking to prevent burning the bottom.

Preparation

Muffins: Cook muffins according to the box, starting as early as possible. Check the oven often to make sure it stays lit.

Eggs: crack eggs into the big bowl, whisk with a fork, and add milk/seasonings as desired. Heat the butter in the big pot, then add the egg mixture. Stir with a spatula to avoid burning. Remove from heat just before the eggs appear fully cooked. Time the meal so you serve the food right as the eggs are finished.

Alternatives for those with restrictions

Vegetarian- all ingredients are vegetarian.

Vegan- cereal or oatmeal

Dairy-free- cook two eggs with no butter (use cooking spray instead) or milk separately.

Gluten-free- all ingredients are gluten-free except for the muffins.

For the table

Salt & Pepper
Hot Sauce
Ketchup
Salsa
Garlic Powder and Red Pepper Flakes

French Toast

Ingredients

1.5 dozen eggs

Milk

Bread (2-3 slices per person)

Galleyware

2x Frying Pans

Spatula

Baking Tray

Big Bowl

Allergy Alert

Pre Prep

Pro Tips

To avoid egg mess, have one chef be the “dipper” and one the “flipper.”

The cinnamon in the mixture will not mix well. Add it throughout the process or sprinkle it directly onto finished pieces.

Preparation

French toast- crack the eggs into a big bowl and whisk with 1-2 boxes of milk. Add cinnamon to the mixture. Dip both sides quickly into the egg mixture, then fry in pans until the sogginess is gone and the bread is lightly browned. Use cooking spray as needed. Keep finished pieces warm in the oven.

If you have extra bananas or apples, dice them and place them in serving bowls as a topping, then serve with spoons.

Alternatives for those with restrictions

Vegetarian- all ingredients are vegetarian.

Vegan- make a separate dipping mixture using almond milk, cornstarch, and cinnamon.

Dairy-free- make a separate dipping mixture using almond milk, egg, and cinnamon.

Gluten-free- use gluten-free bread and either a separate mixture or use the gluten-free bread first to avoid cross-contamination.

For the table

Maple syrup

Peanut butter

Honey

Nutella

Butter

Pancakes

Ingredients

8 cups of pancake mix
5-6 cups of water
Cooking spray/butter
1 pineapple or melon

Galleyware

Big bowl/metal spoon/ladle
Frying pans x2/spatula/baking tray

Allergy Alert

Pancakes may contain traces of walnuts, almonds, or pecans.

Pre Prep

Set out all of your pans and utensils the night before so you don't have to look for everything in the morning!

Pro Tips

Preparation

Pancakes- add water to the pancake mix slowly to get the desired consistency. Stir with a big spoon (should stay slightly lumpy). Lightly grease the frying pan with cooking spray or butter, and then ladle the mix into the pan. Once you see bubbles appear, flip the pancake and cook until golden brown. Keep the finished pancakes warm in a baking tray in the oven.

If you have extra bananas or apples, dice them and add them to serving bowls as a topping, or make some banana pancakes by adding sliced bananas to the pan with the batter.

Alternatives for those with restrictions

Vegetarian- all ingredients are vegetarian.

Vegan- make a separate batter with dairy-free mix, applesauce to replace the egg, and almond milk/water.

Dairy-free- make a separate batter with dairy-free mix and almond milk/water

Gairy-free- make a separate batter with gluten-free mix

For the table

Maple syrup
Peanut butter
Honey
Nutella
Butter

Breakfast Burritos

Ingredients

3 bags of tortillas
3 dozen eggs
1 block of cheese
1 small bag of bacon crumbles
1 melon
1 box of muffins

Galleyware

Large bowl/big pot/metal spatula or spoon
Medium bowl/cheese grater

Allergy Alert

Muffins contain tree nuts.

Pre Prep

Preheat the oven early.

Pro Tips

Reheat leftover veggie toppings from Mexican Night
Continue stirring the eggs while cooking to avoid burning the bottom

Preparation

Eggs- crack eggs into a big bowl, whisk with a fork, and add milk/seasonings as desired. Heat the butter in a large pot, then add the egg mixture and stir with a spatula to avoid burning. Remove from heat just before eggs appear fully cooked. Time the meal so you serve the food right as the eggs are finished.

Cheese- clean hands well, then grate cheese into a medium bowl

Muffins- cook muffins according to the box. Start as early as possible. Check the oven often to make sure it stays lit.

Alternatives for those with restrictions

Vegetarian- all ingredients are vegetarian except bacon crumbles

Vegan- oatmeal/cereal

Dairy-free- cook two eggs with no butter or milk separately

Gairy-free- all ingredients are gluten-free except tortillas and muffins

For the table

Salt & pepper
Hot sauce
Ketchup
Salsa

Cereal

Ingredients

Cereal

Milk

Galleyware

Allergy Alert

Pre Prep

Pro Tips

Look for already open milk boxes and cereal bags before you open any new ones.

Preparation

Alternatives for those with restrictions

Vegetarian- all cereals are vegetarian.

Vegan- use a milk alternative. Frosted flakes, Cheerios, red berries, and granola are vegan options.

Dairy-free- use a milk alternative. All cereals are dairy-free

Gairy-free- use gluten-free cereal. Cheerios are gluten-free, and there should be one other in their bag.

For the table

Oatmeal

Ingredients

Oatmeal

1 melon or pineapple

Galleyware

Allergy Alert

Pre Prep

Pro Tips

Make sure you have something to put empty oatmeal packets in so that they don't fly away!

If you have extra apples or bananas, cut them up and place them into small bowls as toppings.

Preparation

Boil water in the kettle early so that it is ready when you are!

Alternatives for those with restrictions

Vegetarian- all ingredients are vegetarian

Vegan- all ingredients are vegan

Dairy-free- all ingredients are dairy-free

Gairy-free- use gluten-free oatmeal

For the table

Peanut butter

Raisins

Cinnamon

Syrup

Bagels and Yogurt

Ingredients

All bagels

All yogurt

All cream cheese

Fruit

Galleyware

Allergy Alert

Pre Prep

Pro Tips

Put something on the table for yogurt lids to be disposed into so that they do not blow away.

Preparation

Alternatives for those with restrictions

Vegetarian- all ingredients are vegetarian

Vegan- bagels are vegan. Can also make cereal/oatmeal

Dairy-free- bagels are dairy-free. Can also make cereal/oatmeal

Gairy-free- yogurt is gluten-free. Can also make cereal/oatmeal

For the table

Peanut butter

Jelly

Nutella

Butter

Deli Sandwiches, PB&J

Ingredients

All deli meats
Bread
½ head lettuce
2 tomatoes
½ onion
2 blocks of cheese
PB&J

Galleyware

Cutting board/knife/small bowl

Allergy Alert

For students with a peanut allergy, there is a sunbutter alternative if requested.

Pre Prep

Pro Tips

You might be underway, so be careful when chopping and with things that blow away easily!

Preparation

Cut all veggies into sandwich-sized pieces. Slice cheese to put onto sandwiches.

Alternatives for those with restrictions

Vegetarian- sandwich with no deli meat, PB&J

Vegan- veggie sandwich, PB&J

Dairy-free- all ingredients are dairy-free except cheese

Gairy-free- use gluten-free bread

For the table

Mayonnaise
Mustard
Peanut butter
Jelly
Chips

Chicken Salad Sandwiches/Wraps

Ingredients

4 cans of chicken
Bread or 3 packets of tortillas, depending on the menu
1 tomato
1/2 onion
1 celery
1 block of cheese
Mayonnaise

Galleyware

Cutting board/knife/serving bowls
Big bowl/fork

Allergy Alert

Pre Prep

Pro Tips

Preparation

Chicken salad- drain the cans of chicken into the sink and chop with a fork to break into small pieces. Add mayonnaise and seasonings to desired taste. Add cut-up celery if desired, or leave it in a bowl on the side.

Veggies/Cheese- slice veggies/cheese thinly and arrange on the cutting board.

Alternatives for those with restrictions

Vegetarian- veggie sandwich, PB&J

Vegan-veggie sandwich, PB&J

Dairy-free- all ingredients are dairy-free except cheese

Gairy-free- use gluten-free bread

For the table

Peanut butter
Jelly
Mayonnaise
Mustard
Carrots
Ranch
Chips

Mac & Cheese

Ingredients

10 boxes of mac and cheese

1 box of milk

Butter

Galleyware

Large pot/big metal spoon

Allergy Alert

Pre Prep

Put the water on early to boil

Pro Tips

If possible, rinse your noodles multiple times after cooking to remove the starch.

Preparation

Mac & cheese- boil water. Cook pasta according to the instructions, but you may need to add extra time depending on the batch size. Drain carefully through the lid into the sink. Add spoonfuls of butter and cheese packets, then enough milk to make the desired consistency. Serve as soon as possible.

Alternatives for those with restrictions

Vegetarian- all ingredients are vegetarian

Vegan- cook one box of vegan mac and cheese according to the instructions

Dairy-free- cook one box of vegan mac and cheese according to the instructions

Gairy-free- cook one box of gluten-free mac and cheese according to the instructions

For the table

Hot sauce

Seasonings

Ketchup

Ranch

Ramen Noodle Soup

Ingredients

20 packets of ramen

Galleyware

Large pot/big metal spoon/ladle

Small bowl

Allergy Alert

Contains dairy

Pre Prep

Put the water on early to boil.

Pro Tips

You can choose to keep the seasoning packets separate, with each person mixing their own (recommended if you have a crew with dietary restrictions) or mix them all in when ready to serve. If you serve the flavor packets separately, then make sure to have something to put trash in so it doesn't blow away.

Preparation

Ramen- boil water. Cook pasta according to the instructions, but you may need to add extra time depending on the batch size. Empty the seasoning packets into a bowl(s) ahead of time. Only put the ramen in a few minutes before you know you are ready to eat. Serve immediately.

Alternatives for those with restrictions

Vegetarian- cook one package of soy sauce ramen

Vegan- cook one package of soy sauce ramen

Dairy-free- cook one package of soy sauce ramen

Gairy-free- cook one package of instant rice noodles separately

For the table

Hot sauce

Seasonings

Grilled Cheese

Ingredients

Bread
All Kraft Singles
Butter

Galleyware

Frying pans x2/spatula/baking trays

Allergy Alert

Pre Prep

Pro Tips

If you have leftover deli meat, bacon crumbles, or tomatoes available, you can add them to some of the sandwiches.

If the cheese doesn't melt in the pan, it will in the oven!

Preparation

Grilled cheese- lightly butter one side of all pieces of bread, add 1-2 slices of cheese between two pieces of bread (butter side facing the pan), and cook in the pan until browned on both sides. Keep finished sandwiches warm in the oven.

Alternatives for those with restrictions

Vegetarian- all ingredients are vegetarian

Vegan- cook one can of soup substitute

Dairy-free- PB&J

Gairy-free- make sandwiches with gluten-free bread

For the table

Hot sauce
Ketchup
Ranch
Chips

Tuscan White Bean Soup

Ingredients

All soup packets
2 blocks of cheese
4 sleeves of saltines

Galleyware

Big pot/spoon/ladle
Medium bowl/cheese grater

Allergy Alert

Soup contains gluten

Pre Prep

Start the water boiling early.

Pro Tips

Preparation

Soup- follow instructions on packages, allowing extra time to cook for a larger batch

Cheese: Clean your hands well, then grate the cheese into a medium bowl.

Alternatives for those with restrictions

Vegetarian- cook one can of soup-substitute

Vegan- cook one can of soup substitute

Dairy-free- all ingredients are dairy-free except cheese

Gairy-free- cook one can of soup-substitute

For the table

Hot sauce
Seasonings

Quesadillas

Ingredients

5 bags of tortillas
7 blocks of cheese
3 cans of chicken
1 taco seasoning packet

Galleyware

Frying pans x2/spatula/baking trays
Medium bowl/fork
Medium bowl/cheese grater

Allergy Alert

Pre Prep

Pro Tips

Preparation

Cheese- clean hands well, then grate cheese into a medium bowl

Chicken- drain water into the sink, then empty the cans into a medium bowl. Chop into small pieces with a fork and stir the taco seasoning in

Quesadillas- add tortilla to the frying pan, using cooking spray/butter as needed. Add cheese and chicken (leave some just cheese), and either fold in half or add another tortilla. Flip until browned on both sides, and keep warm in baking trays in the oven.

Alternatives for those with restrictions

Vegetarian- make some without chicken

Vegan- cook one can of soup substitute

Dairy-free- PB & J or deli sandwich

Gairy-free- use gluten-free bread to make grilled cheese

For the table

Hot sauce
Salsa
Sour cream
Ranch

Tortellini

Ingredients

1 Ziploc of tortellini
1 pasta sauce jar
1 loaf of bread
Garlic spread (butter & seasonings)

Salad ingredients

.75 head of lettuce/spinach
1 tomato
1/3 cucumber
1/3 shredded carrots

Galleyware

Big pot/big spoon
Small pot/spoon
Baking tray/small bowl/knife
Cutting board/knife/big bowl

Allergy Alert

Contains wheat and dairy

Pre Prep

Start the water boiling early.

Pro Tips

Put the garlic bread in the oven early, and make sure the oven stays lit while the bread is in.

Preparation

Tortellini- put pasta into boiling water, check every few minutes to see when it is done. Carefully drain through the lid when finished.

Garlic bread: Make a garlic butter mixture in a small bowl with butter and seasonings; mix well. Spread onto one side of the bread pieces and arrange them standing in a baking tray. Bake until toasted/dinner is ready.

Salad- rinse all ingredients well, chop, and place into a bowl to serve

Pasta sauce- only needs to be reheated in a small pot so that it can be done last. Stir frequently to avoid burning the bottom.

Alternatives for those with restrictions

Vegetarian- all ingredients are vegetarian.

Vegan- cook plain pasta separately, fry bread in a pan with olive oil and seasonings.

Dairy-free- cook plain pasta separately, fry bread in a pan with olive oil and seasonings

Gairy-free- cook gluten-free pasta separately, fry gluten-free bread in a pan with olive oil and seasonings

For the table

Parmesan cheese
Salad dressings
Seasonings

Sloppy Joes

Ingredients

All ground beef
3 cans of sloppy joe sauce
4 cans of corn
5 pouches of mashed potatoes
All buns

Salad ingredients

.75 head of lettuce/spinach
1 tomato
1/3 cucumber
1/3 shredded carrots

Galleyware

Big pot/big spoon
Medium pot x2/spoon
Cutting board/knife/big bowl

Allergy Alert

Pre Prep

Start the water for the mashed potatoes to boil early

Pro Tips

Put some sauce aside for vegetarian/vegan crew members.

Preparation

Mashed potatoes- follow instructions on the bags to make in a medium pot. Make sure to measure the water. It can be set aside with a lid on it while other things cook.

Ground beef- brown in a pot/pan with a little bit of oil. Drain excess oil into a bowl, then dump it overboard. Pour the sloppy joe sauce over the browned beef until the desired level of sloppiness is reached. Simmer on low heat until ready to serve. Save some sauce for vegetarian/vegan crew members.

Salad- rinse all ingredients well, chop, and place into a bowl to serve

Corn- Open cans, drain most of the liquid, leaving a little to cook in. Heat on the stove, serve when warm.

Alternatives for those with restrictions

Vegetarian: Squeeze liquid out of a tofu block, cut into small pieces, and sauté in a bit of olive oil. Add sloppy joe sauce, simmer.

Vegan: squeeze liquid out of the tofu block, cut into small pieces, and sauté in a bit of olive oil. Add sloppy joe sauce, simmer. Make separate mashed potatoes with almond milk.

Dairy-free- make separate mashed potatoes with almond milk

Gairy-free- all ingredients gluten-free except buns

For the table

Ketchup
Hot sauce
Salad dressings
Seasonings

Alfredo Pasta

Ingredients

4 boxes of penne pasta
4 jars of alfredo sauce
All hot dogs
1 onion

2 green peppers
1 loaf of bread
Garlic spread (butter & seasonings)

Salad ingredients

.75 head of lettuce/spinach
1 tomato
1/3 cucumber
1/3 shredded carrots

Galleyware

Big pot/big spoon
Small pot/pan x2/spoon
Baking tray/small bowl/knife
Cutting board/knife/big bowl

Allergy Alert

Contains wheat and dairy

Pre Prep

Start the water boiling early.

Pro Tips

Put the garlic bread in the oven earlier and make sure the oven stays lit while the bread is in. Put a small amount of milk in an empty alfredo jar, shake, and pour to get the rest of the sauce out.

Preparation

Pasta- pour all boxes into boiling water. Add a few minutes to the cooking time because of the large batch

Hot dogs- chop into bite-sized pieces and saute in a little bit of olive oil until browned

Pepper/onion- dice and sauté in a frying pan

Garlic bread: Make a garlic butter mixture in a small bowl with butter and seasonings; mix well. Spread onto one side of the bread pieces and arrange them standing in a baking tray. Bake until toasted/dinner is ready.

Salad- rinse all ingredients well, chop, and place into a bowl to serve

Alfredo sauce- only needs to be reheated in a small pot so that it can be done last. Stir frequently to avoid burning the bottom.

Alternatives for those with restrictions

Vegetarian- all ingredients are vegetarian except hot dogs

Vegan- squeeze dairy-free alfredo packet on hot pasta, fry bread in a pan with olive oil and seasonings

Dairy-free- squeeze dairy-free alfredo packet on hot pasta, fry bread in a pan with olive oil and seasonings

Gairy-free- cook gluten-free pasta separately, fry gluten-free bread in a pan with olive oil and seasonings

For the table

Parmesan cheese
Salad dressings
Seasonings

Chili and Rice

Ingredients

9 cans of chili
1 box of white rice
1 green pepper
1 onion
2 blocks of cheese
4 sleeves of saltines

Galleyware

Big pot/serving spoon
Medium pot/spoon
Cutting board/knife/frying pan

Allergy Alert

The chili contains gluten.

Pre Prep

Start the water boiling early.

Pro Tips

Make sure to stir the chili often to avoid burning the bottom.

Preparation

Cheese- clean hands well, then grate cheese into a medium bowl

Rice- cook according to the box (be sure to measure the water carefully). The rice can be set aside while waiting for the rest of the meal

Chili- Open and dump the 9 cans of chili into a big pot. This just needs to be reheated so that it can be done closer to dinner time

Peppers/onion- dice and serve raw or sauteed with a bit of oil

Alternatives for those with restrictions

Vegetarian- all ingredients are vegetarian

Vegan- all ingredients are vegan except cheese and sour cream

Dairy-free- all ingredients are dairy-free except cheese and sour cream

Gairy-free- heat one can of gluten-free chili. All other ingredients, besides saltines, are gluten-free.

For the table

Hot sauce
Sour cream
Seasonings

Beef Stroganoff

Ingredients

8 Stroganoff packets
2 cans of diced tomatoes
2 lbs of ground beef
1 loaf of bread
Garlic spread (butter & seasonings)

Salad ingredients

.75 head of lettuce/spinach
1 tomato
1/3 cucumber
1/3 shredded carrots

Galleyware

Big pot/serving spoon
Medium pot/spoon
Cutting board/knife/big bowl
Baking tray/small bowl/knife

Allergy Alert

Contains wheat and dairy

Pre Prep

Start boiling water early.

Pro Tips

Put the garlic bread in the oven earlier, and make sure the oven stays lit while the bread is in.
Keep tomatoes and beef separate from pasta so people can add as desired.

Preparation

Stroganoff packets- follow instructions on the packets, adding cooking time for larger batch size. Turn off the heat when most of the liquid is gone, though some will remain. Let it sit for a few minutes before serving.

Ground beef- brown in a pot/pan with a little bit of oil. Drain excess oil into a bowl, then dump it overboard.

Diced tomatoes- drain and reheat in a small pot right before dinner is served

Garlic bread: Make a garlic butter mixture in a small bowl with butter and seasonings; mix well. Spread onto one side of the bread pieces and arrange them standing in a baking tray. Bake until toasted/dinner is ready.

Salad- rinse all ingredients well, chop, and place into a bowl to serve

Alternatives for those with restrictions

Vegetarian- All ingredients are vegetarian except the beef

Vegan- cook plain pasta, red sauce, and TVP separately, fry bread in a pan with olive oil and seasonings

Dairy-free- cook plain pasta and red sauce separately, add beef, fry bread in a pan with olive oil and seasonings

Gairy-free- cook gluten-free stroganoff according to the packet

For the table

Sour cream
Parmesan cheese
Salad dressings

Garden Burgers

Ingredients

All garden burgers
5 pouches of mashed potatoes
3 cans of baked beans
All buns
½ head of lettuce
2 tomatoes
1 onion
2 blocks of cheese

Galleyware

Frying pan x2/spatula/baking tray
Medium pot x2/metal spoons
Cutting board/knife

Allergy Alert

Burgers may contain gluten and egg.

Pre Prep

Pro Tips

Preparation

Mashed potatoes- follow instructions on the bags to make in a medium pot. Make sure to measure the water. It can be set aside with a lid on it while other things cook.

Veggie burgers- using cooking spray or a tiny bit of oil, saute until browned in a frying pan, and keep warm in a baking tray in the oven until dinner time.

Baked beans- these just need to be reheated so that they can be done last. Stir often to avoid burning the bottom.

Cheese/veggies: clean hands well, then slice the cheese and veggies as toppings for burgers.

Alternatives for those with restrictions

Vegetarian- all ingredients are vegetarian.

Vegan- follow instructions to make a veggie burger patty and saute. Make separate mashed potatoes with almond milk.

Dairy-free- make separate mashed potatoes with almond milk

Gairy-free- follow instructions to make a veggie burger patty and saute, all sides are gluten-free

For the table

Hot sauce
Seasonings
Ketchup
Mustard
Mayonnaise

Mexican Night

Ingredients

All beef

4 taco seasoning packets

1 box of white rice

3 cans of refried beans

2 cans of black beans

1 head of lettuce

2 tomatoes

1 ½ onion

1 green pepper

2 blocks of cheese

4 bags of tortillas

1 jar of salsa

2 containers of sour cream

Galleyware

Big pot/serving spoon

Medium pot/spoon

Small pots x2/spoons

Cutting board/knife/frying pan

Medium bowl/cheese grater

Allergy Alert

Pre Prep

Pro Tips

Preparation

Cheese- clean hands well, then grate cheese into a medium bowl

Rice- cook according to the box (be sure to measure the water carefully). The rice can be set aside while waiting for the rest of the meal

Ground beef- brown in a pot/pan with a little bit of oil. Drain excess oil into a bowl, then dump it overboard. Add seasoning packets according to the packet and simmer until dinner time. Stir often

Peppers/onion- dice and serve raw or sauteed with a bit of oil

Veggies- rinse veggies, dice, and arrange into small bowls with spoons

Black/refried beans- empty cans into small pots and reheat on the stove. Stir to avoid burning. Can be done last

Alternatives for those with restrictions

Vegetarian- all ingredients except beef are vegetarian

Vegan- all ingredients except beef and cheese are vegan

Dairy-free- all ingredients except cheese are dairy-free

Gluten-free- all ingredients except tortillas are gluten-free. Make taco salads!

For the table

Hot sauce

Seasonings

Ranch

Caesar Salad and Risotto

Ingredients

4 cans of chicken
6 risotto packets
4 cans of corn
2 bags of croutons
1 big bag of bacon bits
1 bottle Caesar dressing
4 heads of lettuce

Galleyware

Medium pot x2/metal spoons
Big bowl x2
Small pot/slotted spoon
Cutting board/knife

Allergy Alert

Pre Prep

Start boiling the water for the risotto early. Make sure you measure carefully.

Pro Tips

Keep all meal parts separate to accommodate all eating habits.

Preparation

Risotto- Follow instructions on the packet, allowing extra cooking time for a large batch. Stir to avoid burning the bottom. Cook until almost all of the liquid is absorbed. Remove from heat and let sit before serving.

Chicken- drain and add to a medium pot/pan, breaking chunks up with a fork while it heats. Add seasonings as desired. Stir to avoid burning.

Salad- rinse and chop lettuce into pieces, and put into a big bowl

Corn- Open cans and drain liquid, leaving a little liquid to cook in. Heat on the stove, serve when warm.

Alternatives for those with restrictions

Vegetarian- cook a box of dirty rice according to the package. Use a different salad dressing.

Vegan- cook a box of dirty rice according to the package. Use a different salad dressing.

Dairy-free- cook a box of dirty rice according to the package. Use a different salad dressing.

Gairy-free- all ingredients are gluten-free except the croutons.

For the table

Hot sauce
Seasonings
Parmesan cheese
Other salad dressings

Summertime Thanksgiving

Ingredients

7 cans of chicken
5 boxes of stuffing
5 pouches of mashed potatoes
2 cans of cranberry jelly
3 gravy packets
4 cans of green beans
2 cans of cream of celery soup
1 block of cheese
1 bag of French-fried onions

Galleyware

Big pot/metal spoon
Medium pot/metal spoon x2
Baking tray
Small pot/spoon
Cheese grater/small bowl

Allergy Alert

Pre Prep

Start with green bean casserole first, so it has time to cook
Start the water for mashed potatoes and stuffing early so it has time to boil. Both of these can be put aside.

Pro Tips

Preparation

Green bean casserole- drain the green beans and combine with the cream of celery soup and cheese. Add fried onions ten minutes before it is finished baking. Bake until dinner or the top is brown.

Stuffing- cook according to the package in a large pot. Use less butter than the directions suggest. It can be made first and set aside while preparing the other parts of the meal.

Mashed potatoes- follow instructions on the bags to make in a medium pot. Make sure to measure the water. It can be set aside with a lid on it while other things cook.

Chicken- drain and add to a medium pot/pan, breaking chunks up with a fork while it heats. Add seasonings as desired. Stir to avoid burning.

Gravy- follow instructions on the packet using a small pot

Cranberry jelly- open cans and place in a bowl with a spoon to serve

Alternatives for those with restrictions

Vegetarian- prepare vegan stuffing and gravy according to the boxes

Vegan- prepare vegan stuffing and gravy according to the boxes. Make separate potatoes with almond milk. Set some green beans aside before making the casserole to be sauteed in a frying pan

Dairy-free- prepare vegan stuffing and gravy according to the boxes. Make separate potatoes with almond milk. Set some green beans aside before making the casserole to be sauteed in a frying pan

Gairy-free: Set some green beans aside before making the casserole to sauté in a frying pan. Prepare GF gravy according to the packet.

For the table

Seasonings
Hot sauce

Tikka Masala Curry

Ingredients

10 Tikka Masala curry packets
2 cans of coconut milk
4 cans of chickpeas
2 cans of peas
1 onion
1 box of white rice

Galleyware

Large pot/big metal spoon
Medium pot/metal spoon
Medium bowl/spoon
Cutting board/knife

Allergy Alert

Contains coconut

Pre Prep

Put the water on early to boil.

Pro Tips

You get the best flavor if you cook the vegetables and curry sauce together.
If you have any leftover salad ingredients, make a salad to go with dinner.

Preparation

Rice- cook according to the box (be sure to measure the water carefully). The rice can be set aside while waiting for the rest of the meal.

Tikka Masala- Sauté onion in a large pot. Drain and rinse peas and chickpeas. Add tikka masala packets and canned veggies into the pot with the onion. Allow all ingredients to heat up.

Alternatives for those with restrictions

Vegetarian- all ingredients are vegetarian

Vegan- all ingredients are vegan

Dairy-free- all ingredients are dairy-free

Gairy-free- all ingredients are gluten-free

For the table

Hot sauce
Salad dressings
Seasonings

Franks and Beans

Ingredients

6 black beans and rice packets
All hot dogs
4 boxes of cornbread
4 eggs
2 blocks of cheese

Salad ingredients

1 head of lettuce/spinach
1 tomato
1/3 cucumber
1/3 shredded carrots

Galleyware

Large pot/big metal spoon
Mixing bowl/baking tray
Medium pot/spoon
Medium bowl/cheese grater
Cutting board/knife/big bowl

Allergy Alert

Pre Prep

Put the water on early to boil

Pro Tips

Preparation

Black beans and rice- follow instructions on the packet, allowing for extra cooking time due to batch size. Stir frequently to avoid burning the bottom. Turn the heat off when most of the liquid has been absorbed, and let it sit before serving.

Hot dogs- chop into bite-sized pieces and saute in a little bit of olive oil until browned

Cornbread- follow instructions on boxes and bake until golden

Salad- rinse all ingredients well, chop, and place into a bowl to serve

Cheese- clean hands well, then grate cheese into a medium bowl

Alternatives for those with restrictions

Vegetarian- cook separate black beans and rice package according to the box.

Vegan- cook separate black beans and rice package according to the box

Dairy-free- all ingredients are dairy-free except the cheese

Gairy-free- all ingredients are gluten-free except cornbread

For the table

Salad dressings
Parmesan cheese
Ketchup
Hot sauce
Honey

Sour cream

Creamy Pesto Pasta with Chicken

Ingredients

8 packets of Creamy Pesto Pasta
6 cans of chicken
1 loaf of bread
Garlic spread (butter & seasonings)

Salad ingredients

.75 head of lettuce/spinach
1 tomato
1/3 cucumber
1/3 shredded carrots

Galleyware

Big pot/serving spoon
Medium pot/spoon
Cutting board/knife/big bowl
Baking tray/small bowl/knife

Allergy Alert

Contains wheat and dairy

Pre Prep

Put the water on early to boil.

Pro Tips

Put the garlic bread in the oven early, and make sure the oven stays lit while the bread is in.

Preparation

Creamy Pesto Pasta packets- follow instructions of packets, adding cooking time for larger batch size. Turn off the heat when most of the liquid is gone, though some will remain. Let it sit for a few minutes before serving.

Chicken- drain cans. Heat the chicken in a frying pan with a bit of olive oil and spices. Add to pasta.

Garlic bread: Make a garlic butter mixture in a small bowl with butter and seasonings, then mix until well combined. Spread onto one side of the bread pieces and arrange them standing in a baking tray. Bake until toasted/dinner is ready.

Salad- rinse all ingredients well, chop, and place into a bowl to serve

Alternatives for those with restrictions

Vegetarian- all ingredients are vegetarian except chicken. Pull some pasta out before adding chicken.

Vegan- Plain pasta with dairy-free alfredo and TVP

Dairy-free- Plain pasta with dairy-free alfredo, add some of the chicken

Gairy-free- gluten-free pasta with pesto sauce packet, add some of the chicken

For the table

Parmesan cheese
Seasonings

Hot sauce
Salad dressings

Cheddar Broccoli Pasta

Ingredients

10 packets of cheddar broccoli pasta
1 box Bisquick
1 block of cheese

Salad ingredients

1 head of lettuce/spinach
1 tomato
1 cucumber
shredded carrots

Galleyware

Big pot/metal spoon
Mixing bowl/cheese grater/baking tray
Cutting board/knife/big bowl

Allergy Alert

Pre Prep

Start boiling the water for the pasta early. Make sure you measure carefully.
Start biscuits early to give them time to cook fully before dinner.

Pro Tips

Preparation

Cheddar broccoli pasta- follow instructions on packets, add cooking time for the larger batch size. Turn off the heat when most of the liquid has been absorbed, then let it sit before serving. Stir frequently to avoid burning the bottom.

Biscuits: Mix Bisquick and milk until the batter can be slowly poured off the spoon. Add grated cheese and seasonings as desired. Bake

Salad- rinse all ingredients well, chop, and place into a bowl to serve

Alternatives for those with restrictions

Vegetarian- all ingredients are vegetarian

Vegan- cook a box of vegan mac and cheese according to instructions

Dairy-free- cook a box of vegan mac and cheese according to instructions

Gluten-free- cook a box of gluten-free mac and cheese according to instructions

For the table

Hot sauce
Seasonings
Parmesan cheese
Salad dressings

Ketchup
Butter
Honey