**First Light Dinners**

There is a commercial kitchen with a convection oven, a large pizza style oven and a gas cooktop. There is a grill on the side patio. There are plenty of large cooking pans (1” rim, good for heating rolls, baking chicken breasts…) and large pots. You can bring and use disposable pans for easy cleanup.

Plan on feeding 70. For the entree, estimate 70 - 4oz servings for meat or 1 cup for casseroles then round up. Estimate 4 oz. (or 1/2 c) for each side. One roll per person is enough because some will skip.

Best to have a team of 6-8 folks. More than that can become crowded. Have 4 on the line to serve, 1-2 to replenish food as the servers run low, 1-2 to begin cleanup as others serve (if not, begin cleanup after meal is served).

You can cook the entire dinner at 1st Light, some of the dinner or bring it all cooked and ready to serve.

Dinner is served at 6:30. The meal is served on styrofoam plates with plastic utensils which are provided.

Koolaid and lemonade mix is always on hand. You can bring tea. Drinks left in the fridge (except milk) are available to be served.

If you run low or need a substitution for anyone, food that has been left in the fridge or freezer is yours to use unless marked otherwise.

**Entree Ideas**

**Oven Toasted Turkey and Cheese Sandwiches (90)**

Wheat Bread ($1/loaf @ Dollar Tree)

Two slices of cheese per sandwich

9 - 9oz Sliced Turkey (2 slices per sandwich; $2.49/9oz pkg @ Aldi)

Line 5 large pans with foil for easy clean-up (if you don’t line it is still a pretty easy cleanup). Lightly butter (there is always butter in the fridge) one side of bread and arrange buttered side down to cover pan. Add 2 slices of cheese and 2 slices of turkey. Top with lightly buttered slice of bread, buttered side up. Bake in convection over at 375 for 10 minutes (keep an eye on it!).

Hint: Put two pans in 10 minutes before serving. Add additional pans once serving begins. If oven space permits, can keep in the pizza oven to keep warm.

**Pork Tenderloin ($40 plus tax)**

Delicious baked or grilled ahead. Watch for sales when it is $1.99/lb. Budget 4 oz per person as there is almost no weight loss when cooking pork tenders or pork loin. 1 lb serves 4 people. 70 people = 17.5 lbs. Round up to 20 lbs for seconds.

**Publix Fried Chicken (100 mixed pieces = $95)**

**Chicken Breasts ($50-55; $1.99/lb @ WalMart)**

Purchase 6-6pks in the 4-4.25 lb range. Butterfly to make 72 servings. Bake at First Light. Add BBQ sauce or season with herb mix.

**Vegetable and Sides Ideas**

**Roasted Vegetables**

Put in 2-full size disposable pans. Toss with olive oil, salt and pepper. Cook at 400 degrees in convection oven for 30 minutes. Estimate about 4 oz per person. 18 lbs total.

Combos:

Diced potatoes/carrots/onion (2-5 lbs bags + 1 - 3 lb bag potatoes; 3-5 lbs carrots, 2 large onions)

Can add broccoli, fresh or frozen.

Diced sweet potatoes (can add peeled diced turnip roots; healthy and delicious; inexpensive in season)

**Canned Mixed Greens (approx $20)**

Glory Foods Southern Style mixed greens @ WalMart.

10-12 27. oz cans - $1.48

2 Texas Pete Pepper sauce @ $1.92

Heat in two separate pots so that one stays warm while the other is being served. The ladies will always ask for hot sauce/pepper sauce!

**Black Beans and Rice**

Canned black beans added to brown rice.

WalMart Great Value Veggies:

large bag frozen peas and carrots (2) - $5.98/bag

Cut Green Beans\*\* (6 lb 5 oz; need 2) - $3.68/can \*

Golden Sweet Cord (6 lbs 10 oz; need 2) $3.98/can \*

Van Camps Pork and Beans (6 lbs; need 2) $5.98/can \*

\* Large cans of vegetables are not located with the regular cans. Ask an associate if you need help.

Salads

They get salad a lot. Choose nutritious lettuces, add fresh veggies to increase nutritional value

**Fruit or Fruit Salad**

Guests at First Light have actually said that fruit is an answer to their prayers! They love fresh food!

Sliced oranges. Super healthy and simply. Quarter the orange slicing from top to bottom. Keep in bowl in fridge until ready to serve. An 8 lb bag is about $8 and there will be leftovers to serve another night.

Fruit Salad: Strawberries, bananas, grapes, watermelon. Watermelon is a big favorite but is low in nutrition so it is great to add to other healthy fruits. Some women say they can’t eat strawberries (not sure why) so having options is helpful.

On a pretty full but not packed-to-the-gills night we served 15 qts sliced strawberries, 1 small watermelon, 9 bananas and 2 lbs grapes.

**Dessert Ideas**

Dessert can be very simple. Ice Cream sandwiches, cookies/brownies, pound cake with fresh fruit, ice cream with toppings (there are often donated cookies and brownies in the fridge that you can crumble/chop and use as toppings), cupcakes (take un-iced cupcakes in gallon ziplocs and ice at First Light to make transporting easier)

**Sample Menu (for those who like to cook at First Light)**

**Approximate Cost - $150**

**Baked Chicken** (6 - 6pks of breasts, 4-4.25/lbs per pack from Wal-Mart @$1.99/lb; $50-55)

Butterfly chicken breasts into two halves. Line 3 large cookie sheets with foil.

With gloved hands, wipe each breast with a small amount of olive oil. Sprinkle chicken rub on first side, turn each breast and sprinkle rub on second side.

For BBQ chicken, pour sauce on plain breasts and, using gloved hands, spread to cover.

Bake at 400 degrees for 20 -25 minutes in convection oven. Test for doneness.

**Cheesy Spinach Casserole**

(make 2 - 2.5 recipes when shelter is full - 70 persons; approx $25 per recipe from WalMart)

4-10 or 12oz packages chopped spinach, thawed and drained

1 - 24 oz fat free/low fat cottage cheese

1 - 16 oz fat free/low fat cottage cheese

32 oz. shredded cheddar

1 dozen eggs (whisk in separate bowl before adding to other ingredients)

Salt and pepper.

Mix together in a large bowl. Pour into full size seam table pan (or 9x13 pan for half recipe). Bake in the convection oven at 350 degrees for 45 minutes or until center is cooked. Take out and stir after 20 minutes to insure even cooking.

**Braised White Beans**

(make two recipes when shelter is full- 70 persons; approx $15/per recipe)

10 cans white beans (Cannellini beans)

1 bag frozen chopped onions

6 cloves garlic

1 - 32 oz chicken broth (low sodium)

Olive Oil

Dried Rosemary

Rinse and drain 10 cans of white beans. Set aside. Heat small amount of olive oil and sauté onions 2 minutes. Add Garlic and rosemary. Sauté for 1 minute. Add white beans and chicken broth. Bring to boil then simmer on low with lid on for 40 minutes.

**Oranges** (1 - 8lb bag @ WalMart $8)

Slice in half from top to bottom. Cut each half from top to bottom into three slices. Put in large bowl and keep in fridge until ready to serve. (Cut half the bag of oranges. Can cut more as needed).

**Bread** (2 loaves from Wal-Mart; $1/ea)

When there is oven space, put one large tray of bread in the oven to warm. Put a second tray in a few minutes after the serving line is open.

**Dessert - Ice Cream Sandwiches**

**Sample Menu (minimal cooking)**

**Publix Fried Chicken (100 mixed pieces = $95)**

**Canned Mixed Greens (approx $20)**

Glory Foods Southern Style mixed greens @ WalMart.

10-12 27. oz cans - $1.48

2 Texas Pete Pepper sauce @ $1.92

Heat in two separate pots so that one stays warm while the other is being served. The ladies will always as for hot sauce/pepper sauce!

**Fruit Salad**

**Rolls/Cornbread**

**Cookies**













