

# LOAVES & FISHES

## HEALTHY MENU PLANNING GUIDE



*more than just a meal*

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## Introduction to the Loaves & Fishes Healthy Menu Planning Guide

As a volunteer, you know why you donate your time and resources to Loaves & Fishes. Giving back to the community is a rewarding and generous experience that you can feel great about. Proper nutrition is important in your own home for yourself and your loved ones. The guests at Loaves & Fishes appreciate nutritious well-balanced meals as well. Health concerns such as diabetes, high blood pressure, high cholesterol and obesity can be addressed by diet in the meals you serve.

Balanced meals are an important preventative measure we can all take into consideration to maintain long-term health and improve existing health conditions. Whole grains, fresh fruits and vegetables, lean proteins and low-sodium seasonings can please both taste and nutritional needs.

Cooking for large crowds can be a balancing act, especially when considering time, labor, budget and cooking facilities. At Loaves & Fishes, we want your experience to be both rewarding and fun while having a positive impact on the long-term health of our guests. With a few simple and creative ideas we welcome your imagination and skills to help provide guests with “more than just a meal!”

This manual contains sections on menu planning tips and suggestions, nutrition recommendations and best practices based on the most current Dietary Guidelines for Americans, and sample menus that utilize USDA food pattern requirements for both children and adults.



*More than just a meal!*



## Why nutrition is important for Loaves & Fishes guests?

Guests at Loaves & Fishes are often unemployed or underemployed, unable to provide for themselves or their family, and without a home. They come to have a warm, home-cooked meal and a safe place for an hour or so. Loaves & Fishes is often times more than just a meal. Upon looking over the crowded gymnasium or cafeteria, you will see smiles exchanged and stories shared. The food you prepare is full of your kindness and generosity, both appreciated and needed, making it important that you prepare food with sound nutrition.



## Good Nutrition as Preventative Medicine

### *Nutrition is the first line of defense*

The guests at Loaves Fishes are a high-risk population for developing many chronic diseases: **Diabetes, Heart Disease, Stroke, High Blood Pressure and Obesity**. Take a moment to consider these statistics compiled from over 350 surveys taken at the eight meal sites in 2011.

- Average of 15% of guests surveyed are diabetic
- In Shakopee, of the 52 guests surveyed, 19 were diabetic
- An average of 11% of guests surveyed have hypertension
- An average of 18% of guests have high cholesterol.



Proper nutrition can help prevent the onset of these and other chronic disease. By serving nutritious meals at our sites, you can help promote healthy lifestyle and self-care for your guests. This in turn will help reverse symptoms of current health issues.

*Nutrition is the first line of defense*

## Consider This

For many guests, the meal at Loaves & Fishes is the only balanced meal they have each day. Other meals are often fast food or low cost items from a corner store. While these foods may provide a full stomach, they do not provide the essential and balanced nutrients needed for healthy living. According to the report, *The Paradox of Hunger and Obesity in America*, a lack of adequate resources for food could result in obesity and other chronic disease for the following reasons:

***The need to maximize caloric intake***—Low-income families need to stretch their food money as far possible. Low-income families therefore may consume lower-cost foods with relatively higher levels of calories per dollar to stave off hunger when they lack the money to purchase a healthier balance of more nutritious foods.

***The trade-off between food quantity and quality***—Households reduce food spending by changing the quality or variety of food consumed before they reduce the quantity of food eaten. As a result, while families may get enough food to avoid feeling hungry, they also may be poorly nourished because they cannot afford a consistently adequate diet. In short, the stomach registers that it is full, not whether the meal was nutritious.

***Overeating when food is available***—Obesity can be an adaptive response to periods when people are unable to get enough to eat. Research indicates that chronic ups and downs in food availability can cause people to eat more, when food is available then they normally would. When money is not available for food purchases during part of the month, for example, people may overeat during the days when food is available. Over time, this cycle can result in weight gain.

The consequences of obesity are great. Obesity is a risk factor for heart disease, diabetes, several types of cancer, and other chronic health problems. It also is associated with premature death and disability. Good nutrition, therefore is a proven, cost-effective method to prevent the onset and advancement of chronic disease.

*...a lack of adequate resources for food could result in obesity and other chronic disease...*



# MENU PLANNING

*The bottom line is this: everyone needs and deserves healthy food to feel better today and stay healthy for tomorrow.*



## Menu Planning

One of the challenges that come with planning any meal is nutrition. Deciding what foods to serve is a juggling act affected by cost, site facilities, food preferences, food availability and convenience. Still, the bottom line is this, everyone needs and deserves healthy food to feel better today and stay healthy for tomorrow. Every meal counts.

Menu planning is a vital step in preparing well-balanced meals. Variety, color, texture and required meal pattern components must be taken into consideration with planning menus.

## Menu Planning Suggestions

- **Strive for Balance**—Balance flavors. Incorporating sweet, tart, sour, savory, and slightly spicy in the same menu can awaken those taste buds.
- **Emphasize Variety**—Include a wide variety of foods from day to day. Vary the types of main courses you serve. Include different foods and prepare them in a variety of ways. Try a new or unfamiliar food periodically.
- **Add Contrast**—think about texture of foods as well as their taste and appearance. Fluffy, crunch, crisp, and smooth textures are some to keep in mind. Avoid having too much of the same type of food in the same meal. Use an eye-catching combination of different shapes and sizes.
- **Think about Color**—Avoid using too much of the same color in the same meal. Remember that vegetables and fruits are great for adding natural color to side dishes as well as entrees. Use colorful foods in combination with those that have little or no color.
- **Consider Eye Appeal**—Think of the total presentation. Envision the way the meal will look on the plate. Is it something you would enjoy eating?
- **Dietary Guidelines for Americans**—Follow the recommendations provided in the nutrition section of this booklet to assure planned meals are nutritious.
- **USDA Food Pattern Requirement**—Review all menus to assure they meet the minimum USDA food pattern requirement. Review the meal pattern chart on the next page to ensure appropriate food components and portions sizes are being offered.



## USDA Food Pattern Adult Requirement



### Adult Meal Pattern: Supper Food Components

<b>2 fruit/vegetable</b>	
juice, <sup>1</sup> fruit and/or vegetable	1 cup
<b>1 grains/bread<sup>2</sup></b>	
bread or	2 slices
cornbread or biscuit or roll or muffin or	2 servings
cold dry cereal or	1 <sup>1/2</sup> cups
hot cooked cereal or	1 cup
pasta or noodles or grains	1 cup
<b>1 meat/meat alternate<sup>3</sup></b>	
meat or poultry or fish or	2 ounces
alternate protein product or	2 ounces
cheese or	2 ounces
egg or	1 egg
cooked dry beans or peas or	<sup>1/2</sup> cup
peanut or other nut or seed butter or	4 Tbsp.
nuts and/or seeds <sup>4</sup> or	1 ounce
yogurt <sup>5</sup>	8 ounces

<sup>1</sup> Fruit or vegetable juice must be full-strength.

<sup>2</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

<sup>3</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>4</sup> Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch requirement.

<sup>5</sup> Yogurt may be plain or flavored, unsweetened or sweetened.

## Nutrition Recommendations

The dietary Guidelines for Americans provide expert advice regarding how good dietary habits can promote health and reduce the risk for major chronic diseases. These guidelines serve as the basis for Federal food and nutrition programs.

This guide will utilize the Dietary Guidelines for Americans to discuss the importance of a balanced diet and provide suggestions for healthy menus.

### A Balanced Plate

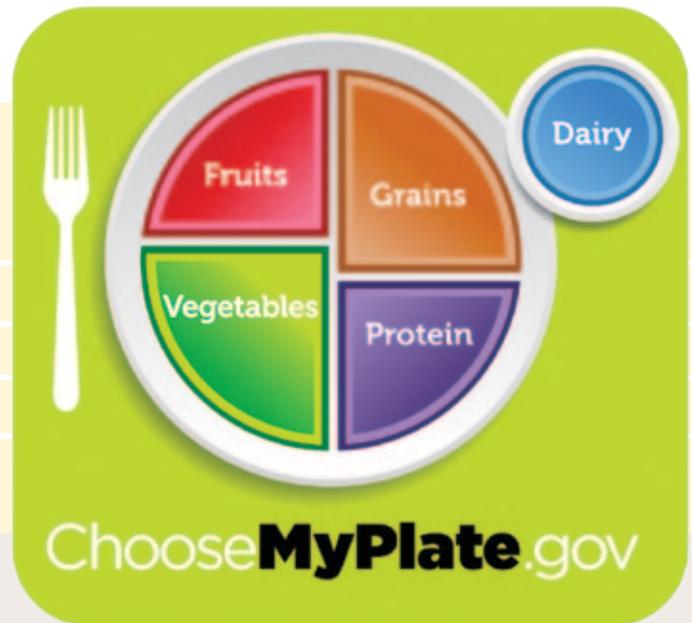
**30% Whole Grains**

**20% Vegetables**

**15% Fruit**

**15% Dairy**

**20% Protein**



### The Dietary Guidelines for Americans describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

# How To Read a Nutrition Label

## USE THE NUTRITION FACTS LABEL TO EAT HEALTHIER

### Check the serving size and number of servings.

- The Nutrition Facts Label information is based on ONE serving, but many packages contain more. Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.
- When you compare calories and nutrients between brands, check to see if the serving size is the same.

### Calories count, so pay attention to the amount.

- This is where you'll find the number of calories per serving and the calories from fat in each serving.
- Fat-free doesn't mean calorie-free. Lower fat items may have as many calories as full-fat versions.
- If the label lists that 1 serving equals 3 cookies and 100 calories, and you eat 6 cookies, you've eaten 2 servings, or twice the number of calories and fat.

### Look for foods that are rich in these nutrients.

- Use the label not only to limit fat and sodium, but also to increase nutrients that promote good health and may protect you from disease.
- Some Americans don't get enough vitamins A and C, potassium, calcium, and iron, so choose the brand with the higher % DV for these nutrients.
- Get the most nutrition for your calories—compare the calories to the nutrients you would be getting to make a healthier food choice.

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Potassium</b> 700mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
<b>Vitamin A</b>	4%
<b>Vitamin C</b>	2%
<b>Calcium</b>	20%
<b>Iron</b>	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

### The % Daily Value is a key to a balanced diet.

The % DV is a general guide to help you link nutrients in a serving of food to their contribution to your total daily diet. It can help you determine if a food is high or low in a nutrient—5% or less is low, 20% or more is high. You can use the % DV to make dietary trade-offs with other foods throughout the day. The \* is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, but the % DV is still a helpful gauge.

### Know your fats and reduce sodium for your health.

- To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, trans fat and cholesterol.
- Trans fat doesn't have a % DV, but consume as little as possible because it increases your risk of heart disease.
- The % DV for total fat includes all different kinds of fats.
- To help lower blood cholesterol, replace saturated and trans fats with monounsaturated and polyunsaturated fats found in fish, nuts, and liquid vegetable oils.
- Limit sodium to help reduce your risk of high blood pressure.

### Reach for healthy, wholesome carbohydrates.

- Fiber and sugars are types of carbohydrates. Healthy sources, like fruits, vegetables, beans, and whole grains, can reduce the risk of heart disease and improve digestive functioning.
- Whole grain foods can't always be identified by color or name, such as multi-grain or wheat. Look for the "whole" grain listed first in the ingredient list, such as whole wheat, brown rice, or whole oats.
- There isn't a % DV for sugar, but you can compare the sugar content in grams among products.
- Limit foods with added sugars (sucrose, glucose, fructose, corn or maple syrup), which add calories but not other nutrients, such as vitamins and minerals. Make sure that added sugars are not one of the first few items in the ingredients list.

### For protein, choose foods that are lower in fat.

- Most Americans get plenty of protein, but not always from the healthiest sources.
- When choosing a food for its protein content, such as meat, poultry, dry beans, milk and milk products, make choices that are lean, low-fat, or fat free.

# NUTRITIONAL SOURCES

- *Eat a rainbow of fruits and vegetables*
- *Favor lean protein sources*
- *Favor whole grain*
- *Limit fats, salts and sugars*
- *Increase fiber*



## Eat a Rainbow of Fruits and Vegetables Daily

Preparation of fruits and vegetables can be labor intensive, but they have the greatest health benefit overall. Fruits and Vegetables contain essential vitamins and minerals including Vitamins A and C, folate, and potassium along with fiber and antioxidants.

When planning a meal, select fresh fruits or vegetables whenever possible rather than the canned or packaged varieties. Canned fruits can lose quality and often have added sugars while canned vegetables have added sodium. Frozen is often a cost-effective option and is easy to prepare.

**FRESH/FROZEN**

If you decide to use canned fruits or vegetables, make sure fruits are packed in natural juice or water rather than light or heavy syrups. Canned vegetables and beans should be rinsed first to remove added salt.

**AVOID SYRUPS**

Your meal will be more eye-catching when varied shapes and colors of fruits and vegetables are offered. *Include three or more vegetables and fruits in your meal, with at least one fresh option.*

**VARIETY**



## Suggestions for adding Fruits and Vegetables to your menu

### Vegetables

- Serve vegetables that pack a nutrient punch— add spinach and carrots to salads.
- Include non-starchy, low carbohydrate vegetables to keep calories low. Offering non-starchy options also makes it easier to follow a diabetic diet. Non-starchy vegetables include: **green beans, carrots, broccoli, cauliflower, lettuce, spinach and cabbage**. Starchy, high-carb food vegetables include: baked beans, potatoes, peas, corn, and squash.
- Get creative, steam or roast vegetables then puree into soups, stews or casseroles.
- Cut vegetables with hummus or other dips can be a great way to get kids and adults alike to try new vegetables.
- Branch out! Offer a variety of vegetables and try a new vegetable in a dish or on the side each time you serve.

### Fruits

- Fruit and yogurt is a great dessert or side dish option
- Apples or banana with peanut or sun butter makes a tasty dessert option
- Mix cut oranges, apples or blueberries onto a greens salad with a light vinaigrette dressing
- Favor fruit based desserts and limit added sugar if making baked goods



*Fruits/Veggies*

## Favor Lean Protein Sources to Build Muscle

Protein is an important part of our daily diet as it contains amino acid building blocks essential to all processes of the body. Meat and meat alternates provide protein as well as iron. It is important to choose lean sources of protein to limit fat, saturated fat and cholesterol in the diet.

### *Cooking and Food Preparation Tips*

- Favor lean cuts of turkey, chicken or beef as other cuts can be high in cholesterol and saturated fat
- Opt for fresh cuts of meat over processed breadings whenever possible. Often times the cost of pre-made foods are greater than the fresh version that boosts nutrition and taste with just a few herbs and spices.
- Drain off fat from cooked meat such as ground beef before using in casseroles or other dishes. Rinse meat in a colander on paper towels with warm water to remove excess fat.
- Trim visible fat and remove skins before cooking.
- Add legumes such as black, pinto beans, kidney beans or lentils into soups or rice dishes. They add cholesterol-lowering fiber and can help stabilize blood sugar levels.
- Add hard boiled eggs to salads.
- Substitute cottage cheese or yogurt in place of high fat dairy which boosts protein while cutting saturated fats.



*Lean Protein*

## Favor Whole Grains

Whole grains provide fiber, minerals, antioxidants and B-vitamins that help bodies convert food into energy. Fiber provided by whole grains is critical in stabilizing blood sugar levels and maintaining a healthy digestive tract.

**What is a Whole Grain?** Whole grain foods contain all parts of the grain kernel (the bran, germ and endosperm) and all of the naturally occurring nutrients. When the bran and germ portions of the grain kernel have been removed, the nutrient content has been significantly diminished.

Refined carbohydrates such as white bread, white rice, white pasta, sweet breads and pastries have a high glycemic index making it difficult to follow a diabetic diet.



### *Cooking and Food Preparation Tips*

- Shopping for whole grain items can be confusing. Be sure to check the label. For an item to be a whole grain, “whole wheat” or another grain such as rye should be listed as the first ingredient. Avoid products that list “wheat” or “enriched wheat” as the first ingredient as this is another name for refined wheat.
- Aim for at least 3g of fiber per serving of bread, crackers or cereal.
- Mix whole wheat pasta with white pasta in casseroles and spaghetti for added nutrients and fiber.
- Explore new grain options such as brown rice, bulgur, quinoa or whole barley. Be creative!

## Limiting Fats, Salts and Sugars and Increasing Fiber

It is important to limit foods that are high in saturated fat, trans fat, cholesterol, sodium, and sugar and focus on means that provide nutrient rich foods such as fresh fruits and vegetables, lean protein, whole grains and low-fat dairy options.

**What is saturated fat?** Saturated fats are primarily found in animal products such as meat, poultry, and whole milk dairy products. Cheese, sour cream, ice cream and butter are examples. Processed and fast foods are usually also high in saturated fats. The Dietary Guidelines for Americans recommend no more than 10% of total calories come from saturated fat sources.

### *Recommendations for lowering saturated fats in menus:*

- Serve skim or 1% milk.
- Use reduced fat cheese and low-fat sour cream
- Choose lean or extra-lean (90-95%) ground beef or turkey. Avoid processed meats, like hot dogs and sausage. Avoid breaded meat patties that were fried by the manufacturer.
- Serve vegetables with little or no added fat. Use liquid vegetable oils. Canola or olive oil is a better choice over solid fats such as butter.
- Serve reduced fat salad dressings.



### ***Recommendations for Limiting Sodium in menus:***

- Use herbs and spices instead of packaged mixes to cut out unnecessary preservatives, MSG, or excess sodium. Using spices can boost flavor without having to add rich sauces, gravy or cheese which can be high in both calories and sodium.
- Do not add additional salt to foods during the cooking process.
- Offer more fresh foods on your menus. Fresh foods are naturally lower in sodium than processed foods.
- Limit canned vegetables, commercially canned soups, lunch meats and frozen entrees as they are often high in sodium.
- If you do serve canned vegetables, find low-sodium options and rinse them off with running water prior to cooking and serving.



### ***Recommendations for Increasing Fiber in menus:***

- Replace regular white pasta or bread with 100% whole grain products.
- Offer beans, lentils and dried peas as they are low in cholesterol and high in fiber.
- Try adding oats or oat bran to cookie or muffin recipes.



### ***Recommendations for Limiting Sugar in Menus:***

- Read food labels and ingredient lists and avoid offering foods with sugar as the primary ingredient.
- Fruit drinks are a major source of sugar in children's diets. Only serve milk and water at the dinner table.
- Cut both sugar and oil in baked goods by substituting with half pureed banana or apple.



## More Ideas for Healthy Meals

A well balanced meal means guests might not need seconds every night.

- 1 Limit desserts, especially cookies and cakes which add a lot of calories every night.
- 2 Use portion control when serving.
- 3 Avoid adding salt when cooking and favor low sodium options when buying prepared foods.
- 4 Make sure you are meeting the requirements for all food categories.
- 5 Be prepared. Know your plan. Save time!
- 6 Ask questions.



# RECIPES

- *Entrées and Complete Meals*
- *Additional Fruit and Vegetable Sides*



# ENTRÉES

## 1

### Taco Salad

As adapted from *More Than Just a Meal*

Ingredients:

- 65 lb ground turkey or extra lean ground beef
- 4 jars taco seasoning (92 oz)
- Two – No. 10 can tomatoes, crushed
- Six 12-oz cans tomato juice
- Two – No. 10 cans Pinto beans, drained and rinsed well

**Directions:** Brown ground beef/turkey in 6 or 7 serving trays in oven. Drain grease and chop meat. Add tomatoes, tomato juice and taco seasoning. Bake until hot and toasty, stirring every 10 minutes. When hot, add drained and rinsed beans and heat for an additional 20-30 minutes.

**Yield:** 250 | **Serving Size:** 6 oz or  $\frac{3}{4}$  cup

**Condiments:** Cheese, salsa, low fat sour cream, salad dressing

Ingredients:

- 15 lb cheddar cheese, shredded
- Six 64-ounce jars salsa
- Four 16-ounce low fat French salad dressing

Serving Size: 1 ounce or #30 scoop

**Vegetable:** Tomatoes, onions, lettuce

Ingredients:

- 25 lb tomatoes
- 5 lb onions
- 20 lb lettuce

Directions: Chop tomatoes, onions and lettuce

**Serving size:** 4 oz or  $\frac{1}{2}$  cup

## 2

### Hamburger Macaroni Hotdish

As adapted from *More Than Just a Meal*

Ingredients:

- 20 lb ground turkey or extra lean ground beef
- 20 lb whole wheat macaroni
- 15 lb American cheese
- 10 lb cheddar cheese, shredded
- 5 lb onions, chopped
- Milk, 1% or skim as needed
- Seasonings to taste – garlic powder, pepper, celery salt

**Directions:** Cook macaroni separately in boiling water. Drain excess water. Brown ground turkey with onions and seasonings and a small amount of vegetable/olive oil. Melt cheese in a double boiler along with milk (add in 1 tablespoon increments) as needed to produce a smoother cheese. Combine all ingredients into 6-7 large serving pans. Add additional milk if necessary. Cover and bake in 350 degree oven for 1 hour. Uncover and bake for another 15-20 minutes.

**Yield:** 250 | **Serving Size:** 1 cup or 8 oz ladle per adult

## 3

### Calico Bean Hotdish

As adapted from *More Than Just a Meal*

Ingredients:

- 45 lb extra lean ground beef
- Twelve – No. 10 cans kidney beans, rinsed and drained
- Twelve – No. 10 cans vegetarian baked beans
- Three – No. 10 cans Ketchup
- 4 cups onions, chopped
- 1 cup Worcestershire sauce

**Directions:** Generously spray 6 large pans with non-stick cooking spray. Brown ground beef. Drain grease. Divide cooked beef evenly among 6 pans. Open beans, rinse, and drain thoroughly before dividing evenly among 6 pans. Add equal amounts of onions, brown sugar, ketchup and Worcestershire sauce to all 6 pans. Mix well and add water as needed. Cover tightly with foil and bake at 350 degrees (325 degrees for convection oven) for 2 hours. Continue to stir.

**Yield:** 375 | **Serving Size:** 3/4 cup or 6 oz ladle per adult

## 4

### Spaghetti

*As adapted from More Than Just a Meal*

Ingredients:

- 50 lb extra lean ground beef
- 30 lb mushrooms
- 30 lb onion
- 25 lb whole wheat spaghetti noodles
- 52 lb spaghetti sauce

**Directions:** Brown ground beef with onions and mushrooms. Drain grease. Cook noodles in a large pot of boiling water until tender. Combine noodles, beef, and sauce until heat through and warm.

**Yield:** 300 | **Serving Size:** 16 oz or 2 cups

## 5

### Sloppy Joes

*As adapted from More Than Just a Meal*

Ingredients:

- 50 lb ground turkey
- 4 cups onion flakes
- 1 cup rubbed sage
- 10 stalks of celery, chopped

- 320 oz tomato sauce
- 96 oz Ketchup
- 1 cup chili powder
- 2 ¾ cup brown sugar
- 1 cup dry mustard
- 1 cup lemon juice
- 1 cup corn starch (as needed)

**Directions:** Brown meat and drain grease. Return to medium heat and combine all other ingredients. Add cornstarch as needed to desired thickness.

**Yield:** 300 | **Serving Size:** 16 oz or 2 cups per adult

## 6

### Egg Strata

Ingredients:

- 9 loaves whole wheat bread, cubed
- 1.5 pint margarine
- 1.5 gallons shredded cheese, cheddar
- 150 eggs, raw
- 2.5 gallons milk, low fat or skim
- 2 ounces table salt
- 10 lbs turkey sausage

**Directions:** Brown turkey sausage and drain grease. Cut bread into small cubes. Alternate layers of bread cubes, sausage and cheese in buttered pans. Blend together eggs, milk and seasonings; pour over bread and cheese layers. Bake at 350 degrees Fahrenheit for 70 minutes, then check middle of pan to make sure that liquids have been absorbed and cooked. If not, continue cooking at 15 minute intervals and checking for doneness. This dish can be made in advance and chilled as long as the turkey sausage is chilled in the refrigerator first.

**Yield:** 150 | **Serving Size:** 7 oz

# 7

## Hamburger

Ingredients:

- 28 lb extra lean ground beef/ground turkey
- 6 tablespoons table salt
- 2 tablespoons black pepper

**Directions:** Mix ground meat with seasonings. Use scale to form 4 ounce patties. Serve with ketchup, mustard, sliced cheese and pickles.

**Yield: 110 | Serving Size: 4 oz patty**

# 8

## Hamburger Rice Stroganoff

*As adapted from More Than Just a Meal*

Ingredients:

- 45 lb ground turkey/lean ground beef
- Eight – No. 10 cans cream of chicken soup-- low sodium
- Six – 5 lb light sour cream
- Two – No. 10 cans mushrooms
- 12 lb brown rice
- 13 lb white rice
- 12 Tbsp garlic powder
- 10 Tbsp salt
- 10 Tbsp pepper

**Directions:** Brown ground meat in large pot. Drain grease. Combine all ingredients with cooked hamburger and approximately 2 gallons of water (use 4 large pans). Bake in 350 degree oven for about 2 hours.

**Yield: 225 | Serving Size: 1 cup or 8 oz ladle per adult**

# 9

## Chow Mein Casserole

*As adapted from More Than Just a Meal*

Ingredients:

- 60 lb ground turkey/lean ground beef
- 9 lb brown rice
- 9 lb white rice
- 1 – No. 10 can of water chestnuts, drained
- 10 lb chow mein noodles
- 16 bunches celery, diced
- Four – No. 10 cans low sodium cream of mushroom soup
- 12 cups onions, chopped roughly
- 1 gallon light soy sauce

**Directions:** Brown ground meat in large pot. Drain grease. Wash and chop celery and chop onions. Add celery, onions and drained water chestnuts to ground meat and sauté. Divide meat mixture into eight large pans and evenly distribute soup and soy sauce among the pans of meat mixture. (This may be done the day before service and chilled in refrigerator) Cook brown rice and white rice according to directions on package. Evenly distribute cooked rice among the 8 pans of meat and soup mixture. Bake and serve with chow mein noodles on top.

**Yield: 350 | Serving Size: 1 cup or 8 oz ladle per adult**

# 10

## Meatloaf

Ingredients:

- 24 pounds ground turkey/lean ground beef
- 1.5 lb bread crumbs
- 2 quart milk
- 24 eggs
- 8 ounces onion, finely chopped
- 4 tablespoons salt
- 2 teaspoon black pepper

### Optional Topping

- 16 ounces brown sugar
- 4 tablespoons mustard
- 2 ½ cup catsup

**Directions:** Mix all ingredients on until mixed. Do not overmix. Press meat mixture into ten 5x9-inch pans, 3 lb 4 oz per pan. Bake at 325°F for approximately 1 1/2 hours, or until internal temperature reaches 180°F. Topping may be spread over loaves the last 1/2 hour of cooking.

**Yield: 100 – Serving Size: 230 grams, use scale to measure out**

## 11 Turkey Dinner

Ingredients:

19 lb turkey loin

**Directions:** Cook turkey to internal temperature of 165 degrees Fahrenheit. Check turkey loins after 30 minutes of cooking at oven set to 350 degrees.

**Yield: 100 – 3 oz turkey | Serving Size: 3 oz turkey**

## 12 Broccoli, Cheese, Chicken and Rice Casserole

Ingredients:

- Cooked brown rice, 9 lbs
- 30 lb cooked, chopped chicken breasts
- Canned condensed cream of mushroom low sodium soup, 6 lbs
- Frozen, chopped broccoli, thawed and drained, 20 lbs
- Nonfat milk, 2 quarts and 4 cups
- Shredded cheese, 6 quarts and 2 cups
- Chopped onions, 6 cups

- Dried garlic, 2 tablespoons
- Black pepper, 4 teaspoons

**Directions:** Bake chicken breasts at 350 degrees for 40-50 minutes, or until completely cooked through and juices run clear. Chop chicken breasts. At same time cook brown rice according to directions. Combine chopped chicken, cooked rice, broccoli, undiluted soup, milk, cheese, onions, garlic, and pepper.

Pour 3 qt and 2 cup of mixture into each steam table that has been sprayed with pan release spray. For 200 servings, use 8 pans. Bake at 350 degrees for 30 minutes or until heated through at 165 degrees Fahrenheit or higher for at least 15 seconds.

**Yield: 200 | Serving Size: 1 cup or 8 oz ladle**

## 13 Tuscan Bean Pasta

Ingredients:

- 4 lb onions, chopped
- 1 cup minced garlic
- 1 cup olive oil
- 6 - #10 cans navy beans, rinsed and drained
- 6 - #10 cans diced tomatoes, drained
- 10 pounds smoked ham, chopped
- 4 cups balsamic or red wine vinegar
- 1 cup dried basil
- 6 Tbsp dried basil
- Salt and pepper taste
- 24 pounds whole wheat rotini

**Directions:** Saute onions and garlic in oil in stockpot until tender, about 10 minutes. Stir in remaining ingredients, except salt, pepper and pasta; heat to boiling. Reduce heat and simmer, uncovered, until thickened, about 30 minutes. Season to taste with salt and pepper. *(Continue on next page)*

At same time, cook rotini according to package directions; toss with sauce. Serve.

**Yield: 200 | Serving Size: 8 oz serving**

# 14

## Grilled Chicken

As adapted from *More Than Just a Meal*

Ingredients:

- 48 lb chicken breast
- Whole wheat bun

**Directions:** Bake chicken breasts at 350 degrees for 40-50 minutes, or until completely cooked through and juices run clear. Cook longer if necessary. Slice chicken breasts. Weigh out a 3 oz portion and be aware of the amount throughout serving.

**Yield: 250 | Serving Size: 3 oz chicken breast with whole wheat bun. Use kitchen scale to measure chicken breast serving size accordingly**

### Condiments

- 250 oz barbeque sauce
- 4 jars dill pickles
- 7 heads iceberg lettuce
- 42 tomatoes, sliced

# 15

## Build Your Own Deli Sandwiches

Ingredients:

- 30 lb sliced turkey
- 30 lb sliced cheese, cheddar
- 400 slices whole wheat bread
- 8 lb lettuce, sliced
- 20 lb tomatoes, sliced
- 3 gallons pickles, sliced
- Mustard and light mayo

**Directions:** Weigh 2.4 oz of sliced ham and note number of slices for production. Assemble sandwiches.

**Yield: 200**

**Serving Size: 2 slices bread, 1 slice cheddar cheese, 2.4 oz sliced ham**

# 16

## Grilled Chicken and Chickpea Salad

Ingredients:

- 400 cups spinach
- 50 lb grilled chicken, diced
- 16 lb black olives
- 6 lb onions, chopped
- 25 lb chickpeas
- 25 lb light ranch dressing

**Directions:** Bake chicken breasts at 350 degrees for 40-50 minutes, or until completely cooked through and juices run clear. Cook longer if necessary. Chop chicken breasts. Chill. Mix with rest of ingredients and serve.

**Yield: 200 | Serving Size: 2 cups**

# 17

## Lentil Soup

Ingredients:

- 10 lb lentils
- 20 lb ground turkey/lean ground beef
- 8 gallons water
- 27 lb canned, diced tomatoes with liquid
- 14 lb chopped onions
- 8 lb carrots, sliced
- 2.5 lbs celery, sliced
- 1/8 cup salt
- 1/3 cup garlic powder
- 3 Tbsp black pepper
- 1/3 cup each dried basil, oregano
- 12 bay leaves.

**Directions:** Pick over lentils for foreign matter and rinse. Place lentils, water, tomatoes, onions, carrots, celery, chopped ham, salt, garlic powder, pepper, basil, oregano and bay leaves to stock pot or steam jacket kettle. Bring to a boil and reduce heat, simmer 2 to 2.5 hours stirring occasionally or until lentils are tender.

**Yield: 200 | Serving Size: 8 fluid oz**

## 18

### Barbeque Chicken

#### Entrée: Barbeque Chicken

Ingredients:

- 19 lb chicken breast, 100 pieces
- 100 oz barbeque sauce

**Directions:** Place in single layer on pans. Brush with barbeque sauce. Cook for approximately 30 minutes until internal temperature is 165 degrees Fahrenheit. If not up to temperature, continue cooking and checking temperature at 10 minute intervals.

**Yield: 100 | Serving Size: 3 oz chicken**

#### Bread – Whole wheat roll

**Serving size: 1 roll or 1 oz**

## 19

### Baked Potato Bar

Ingredients:

- 110 baked potatoes
- 7 lbs shredded cheddar, 1 oz per potato – #30 scoop
- 24 lbs frozen, chopped broccoli – ¼ cup per potato
- 13 lbs chopped ham – 2 oz per potato
- 6.5 lbs sour cream – 1 tbsp per potato

**Directions:** Start potatoes right away. Scrub the potatoes under cold running water. Use a wire brush to remove all dirt and rough patches of the skin. Remove any sprouts or eyes with the tip of a potato peeler or a small spoon. Trim off any green patches. Pat dry with paper towels or clean dry kitchen towels.

Use a stainless steel fork to poke holes into the potatoes (minimum 8 per potato) but don't do this far ahead of time, or the potatoes will be full of brown marks from oxidation. This shortens baking time and keeps the potatoes from bursting in the oven.

Preheat oven to 400 degrees. Bake the potatoes for 30 minutes. Remove the potatoes from the oven and use tongs to turn the potatoes. Return to oven and continue to bake for an additional 30 minutes. Make sure they are fork tender, if not continue cooking at 15 minute intervals.

Heat ham and frozen broccoli. Prepare line for serving.

**Yield: 100 | Serving Size: 1 potato with toppings**

# 20

## Chili

Ingredients:

- 25 lb turkey/lean beef
- Ten – No. 10 cans Kidney beans, rinsed and drained
- Five – No. 10 cans tomato sauce
- Five – No. 10 cans chopped tomatoes
- 5 cups chopped onions
- 3.75 cups chili powder

**Directions:** Brown ground meat and onions in large pot and drain. Divide evenly into 5 large serving pans. Add 2 cans beans, 1 can tomato sauce, 1 can chopped tomatoes, and chili powder in each of 5 pans. Cover and bake in 350 degree oven for 1 hour.

Yield: 100 | Serving Size: 1 1/4 cup servings

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## VEGETABLE SIDES

# 1

## Carrots, celery and dip

Ingredients:

- 20 lb carrots, peeled and cut into 3 inch pieces
- 20 lb celery, cut into 3 inch pieces
- Eight 16-oz bottles of light Ranch dressing

**Directions:** Wash vegetables prior to cutting and/or peeling.

Yield: 100

Serving size: 1 cup vegetables; 1 tablespoon Ranch dressing

# 2

## Mandarin Orange Coleslaw

Ingredients:

- 265 cups coleslaw mix
- 4 – No. 10 cans of mandarin orange, reserve 4 cups liquid
- 28 cups low fat mayo
- 3 cups vinegar
- 4 cups mandarin orange liquid
- 20 tsp salt

**Directions:** Mix together coleslaw mix and mandarin oranges. In separate bowl, mix mayo, vinegar, mandarin orange liquid and salt until combined. Add to veggie mixture and mix until combined.

Yield 300 | Serving size: 3/4 cup or 6 oz ladle

# 3

## Roasted Potatoes

Ingredients:

- 40 pounds potatoes
- 6 cups vegetable oil
- 2 tablespoons salt
- 1 tablespoon pepper

**Directions:** Wash potatoes. Cut into 1x1 inch pieces. Toss with vegetable oil and salt/pepper. Bake at 425 degrees for 30 minutes. Make sure baking sheets are oiled. Check potatoes and stir. Bake for another 15-30 minutes. Double check doneness after 15 minutes.

Yield: 100 | Serving size: 1/2 cup

# 4

## Broccoli Rice Au Gratin

### Ingredients:

- 2.5 lb parboiled rice
- 1 oz salt
- 1.25 cup margarine
- 6 cups onions
- 1 lb flour
- 1 gallon lowfat/skim milk
- 3 lb cheddar cheese, shredded
- 6 lb frozen broccoli, chopped

**Directions:** Cook rice according to directions. Reserve for later step. Saute onions in margarine in steam-jacketed kettle until transparent. Do not brown. Add flour and seasonings to onions. Stir with wire whip. Cook 15-20 minutes to make a roux. Stir often. Add milk to roux gradually, blending with wire whip. Cook until thickened, 10-20 minutes. Add cheese and cooked rice. Heat until cheese melts. Steam broccoli until tender-crisp. Do not drain. Add to sauce. Stir gently. Put in 12x10x4-inch pans. Keep hot.

**Yield: 100**

**Serving size: 100 grams, use kitchen scale to measure**

# 5

## Mixed Green Salad

### Ingredients:

- 14 bags mixed green salad
- 2 – 24 oz bottles of Italian dressing
- 5 pounds carrots, chopped

**Directions:** Open bags of salad and mix with dressing until evenly and lightly coated.

**Yield: 100 | Serving size: 1 cup**

# 6

## Broccoli, Roasted

from [www.thelunchbox.com](http://www.thelunchbox.com)

### Ingredients:

- 20lbs of Broccoli cut into florets
- 6 tbs Vegetable Oil
- 1 oz of Salt, Kosher

### Method:

- Toss broccoli in oil and salt
- Spread out in a sing layer on sheet pans
- Roast at 350 until browned and tender —about 20 minutes

**Yield: 100 | Serving Size: 2 oz**

# 7

## Butternut Squash and Sweet Potato, Mashed

from [www.thelunchbox.com](http://www.thelunchbox.com)

### Ingredients:

- 20 lbs Sweet Potatoes, peeled and cubed
- 30 lbs of Butternut Squash, peeled, seeded and cubed
- 1 qt and 2 cups of 1% Milk
- 1 C and 7 Tbsp of Unsalted Butter
- 3 tsp of Ground Cinnamon
- 3 tsp of Ground Nutmeg
- 4 ounces of Kosher Salt

### Method

- Steam squash and potatoes separately in a steamer or hotel pans with perforated inserts until tender
- Heat milk, butter and seasonings together, but do not boil
- Place cooked potatoes and squash into the bowl of a mixer with the paddle attachment. (*cont.*)

- Run the mixer on speed 1 until the potatoes and squash are fully mashed.
- Slowly add the milk mixture until incorporated.
- Mix on speed 2 for an additional minute.

**Yield: 100 servings | Serving Size: 6 oz**

## 8

### Roasted Cauliflower

from [www.thelunchbox.com](http://www.thelunchbox.com)

#### Ingredients:

- 43 lbs of Cauliflower
- 13 Tbsp Vegetable Oil
- 2.5 oz Salt, Kosher
- 1.5 tsp Black Pepper, Ground

#### Method:

- In an appropriate sized container, toss the cauliflower with the oil, salt and pepper. Do in batches if needed.
- Spread out in a single layer on parchment lined sheetpans.
- Roast at 350 until browned and tender—about 20 minutes

**Yield: 100 | Serving Size: 3 oz**

## 9

### Roasted Carrots

from [www.thelunchbox.com](http://www.thelunchbox.com)

#### Ingredients:

- 40 lbs Carrots, Whole
- 12 Tbsp Vegetable Oil
- 3 Tbsp Salt, Kosher
- 1 Tbsp and 1.5 tsp Black Pepper, Ground

#### Method:

- Wash carrots well, using a vegetable brush, trim ends as needed
- Taste the carrot peel. If it is bitter, the carrots should be peeled. If not, peeling is not necessary.
- Note- this recipe calls for unpeeled carrots.
- If carrots are very large, cut them in as-needed lengthwise before slicing.
- Cut the carrots diagonally into ½" thick slices.
- In an appropriate sized container, toss the carrots with the oil, salt and pepper. Do this in batches if needed.
- Spread the carrots out on parchment lined full sheet pans in one layer.
- Roast the carrots at 350 degrees until tender and browned (about 30 minutes).
- Pans may need to be rotated in the oven and carrots may need to be stirred to prevent burning

**Yield: 100 | Serving Size: 3 oz**

## FRUIT SIDES

### 1

#### Mixed Fruit Salad

Adapted from *USDA Recipes for Schools*

##### Ingredients:

- 4-5 lbs. Fresh Apples, unpeeled, cored, chilled & diced
- 1/2 cup frozen lemon juice concentrate (reconstituted)
- 1 (#10) can Fruit Mix in LS, drained & chilled
- 1 1/2 cups low-fat mayonnaise
- 1 tsp. ground nutmeg (optional)
- 1 lb. raisins (optional)
- 3 cups celery, chilled & chopped (optional)
- 1 lb. chopped walnuts

##### Directions:

1. Sprinkle apples with lemon juice to prevent discoloration.
2. Combine apples, mixed fruit, optional celery & raisins, mayonnaise, and optional nutmeg. Mix lightly to combine.
3. Spread mixture evenly across 2 shallow pans (12"x20"x2 1/2"), to a depth of 2" or less.
4. Cover and refrigerate 4 hours before serving.

**Yield:** approximately 100 servings at 1/3 cup each serving

### 2

#### Carrot-Raisin Salad

Adapted from *USDA Recipes for Schools*

##### Ingredients:

- 6 lb 8 oz of Fresh carrots, shredded coarsely
- 3 lbs Raisins
- 1 cup Instant nonfat dry milk, reconstituted
- 2 lb lowfat mayonnaise
- 1 tsp Salt, Kosher
- 1 tsp Nutmeg, Ground
- ¼ cup Frozen lemon juice concentrate, reconstituted

##### Method:

- Place carrots and raisins in large bowl.
- In a separate bowl, combine milk, mayo, salt, nutmeg and lemon juice
- Pour dressing over carrots and raisins. Mix lightly.
- Spread 6 lb into each shallow pan to a product depth of 2" or less. Use two pans.
- Cool to 41 degrees or lower. Cover. Refrigerate until service.
- Mix lightly before serving.

**Yield:** 100 | **Serving Size:** 4 oz

## Resources

Nora Hoeft, Loaves & Fishes Nutrition Intern  
Dana Cordy, Loaves & Fishes Nutrition Intern  
Katie Wahl, RD LD, The Emergency Foodshelf Network  
*CACFP Healthy Menu Guide*, Idaho  
ChooseMyPlate.gov  
*More than Just a Meal* Loaves & Fishes Cookbook  
www.lunchbox.org  
USDA Food and Nutrition Services  
Dietary Guidelines for Americans, 2010

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# Loaves & fishes

