

Kitchen Guide

& SAMPLE MEAL PLAN



25 YEARS OF CHRIST-CENTERED MISSION TRIPS

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Kitchen Guide & Sample Meal Plan

One of our favorite parts of the YouthWorks week is time spent with participants in the kitchen. Over the years we have developed delicious, simple, quick, teenager-friendly meal plans to nourish adults and participants during their week of service. This guide includes three of our favorite recipes, shopping lists and preparation tips for leading these meals with your church, organization, family or youth group.

Additionally, prior to serving any meals, make sure that you know the safety expectations and rules of the kitchen you plan to work in. Oftentimes, schools, churches and other industrial kitchen facilities have specific requirements or processes such as the order in which an oven must be turned on or which supplies are shared. Ask building operational leadership or the head pastor/priest about any specific insurance stipulations you may need to know as well. We highly recommend learning the ServSafe principles to ensure you are leading safely in the kitchen – we follow them on our sites. You can find out more at [servsafe.com](https://www.servsafe.com).

Once you finalize those details, you can begin making delicious and filling meals for your group using the resources below.

WHATS IN THIS GUIDE

We've given you a full day's worth of meals:

- **Breakfast:** Breakfast Burritos
- **Lunch:** Sub Lunch
- **Dinner:** Pasta

These recipes have been teenager-tested at all of our YouthWorks mission sites, so we know they are good! Each recipe includes three pieces:

- **Meal Overview:** The first page will contain a shopping list with serving portions for each item, a list of the main meal items and a summary of what Prep Guides are included.
- **Prep Guides:** Helpful cooking/cutting guides for the more complex meal components.
- **Table Layouts:** This diagram shows you what your serving tables will look like once everything is ready.

Feel free to adapt portions and meal items to meet the needs of your group. Know that each meal is simple to put together because it was designed with the purpose of teenagers helping to prepare the meal.

USING THE GUIDE

While our guides are pretty user-friendly, there are a couple things to know to get started:

- Each guide starts with a basic overview of the meal.
- Next, you'll find a shopping list that includes serving sizes. We've fine-tuned these serving sizes over the year, so they should be pretty accurate – but use your judgement!
 - Serving sizes on our shopping list, or the “Amount Per Person,” can be a little confusing at first. When we say that each person should get .25 slices of bread, we don't mean cut the slices into quarters! We really mean if you have 4 people go through the line, only 1 of them will take a slice of bread (or 25% of people will take some). Therefore, if you have a group of 40, you should put out 10 slices of bread, since about 25% of people take a slice of bread.
 - Need a quick math equation for how much to buy? Take the amount per person on the shopping list and multiply it by how many folks are eating.
 - What do we mean by “servings” on the instructions? We go by what is on the nutrition facts label on containers. So, if you determine you need to buy 32 servings of milk, you'd look on the back of a carton of milk. It will say how many servings it contains (generally 16 servings in a gallon). Feel free to round up or down as you see fit – rounding up is generally a safer bet!
- Finally, the Table Layouts are pretty self-explanatory. We find it easy to give this layout to several students and have them put out ingredients once it's prepared. These layouts are for a buffet style serving line but can easily be adjusted if you want to have people serve the meal. Feel free to use whatever containers works best for your situation and don't forget utensils!

Breakfast Burritos

BASIC OVERVIEW

- Breakfast burritos & toppings
- Cereal
- Oatmeal & toppings
- Fruit bowl
- Orange & apple juice
- Toaster items & toppings

SHOPPING LIST

Items	Amount Per Person	Example	
		Amount for 25	Amount for 50
Apples	.08 servings	2 apples	4 apples
Apple Juice	.3 servings	7.5 servings	15 servings
Assorted Cereal	1 serving	25 servings	50 servings
Bananas	.08 servings	2 bananas	4 bananas
Brown Sugar	.25 servings	6.25 servings	12.5 servings
Clementines	.08 clementines	2 clementines	4 clementines
Cream Cheese	.25 servings	6.25 servings	12.5 servings
Eggs	1.5 eggs	38 eggs	76 eggs
Flour Tortillas	.5 tortillas	13 tortillas	26 tortillas
Grape Jelly	.2 servings	5 servings	10 servings
Green Peppers	.03 peppers	1 pepper	2 peppers
Margarine	.25 servings	6.25 servings	12.5 servings
Mild Salsa	1.1 servings	27.5 servings	55 servings
Milk (for eggs)	1 cup per 70 eggs	.7 5 cups	1.25 cups
Milk	.7 servings	17.5 servings	35 servings
Oatmeal	.25 servings	6.25 servings	12.5 servings
Onions	.03 onions	1 onion	2 onions
Orange Juice	.3 servings	7.5 servings	15 servings
Peanut Butter	.25 servings	6.25 servings	12.5 servings
Raisins	.05 servings	1.25 servings	2.5 servings
Shredded Cheddar Cheese	.5 servings	12.5 servings	25 servings
Small Bagels	.4 bagels	10 bagels	20 bagels
Soy Milk	½ gallon per week		
Strawberry Jelly	.2 servings	5 servings	10 servings
Walnuts	.05 servings	1.25 servings	2.5 servings
Wheat Bread	.25 slices	7 slices	13 slices
White Bread	.25 slices	7 slices	13 slices

ITEMS THAT REQUIRE ADDITIONAL PREP TIME

- ☐ Scrambled Eggs
- ☐ Breakfast Burrito Toppings
- ☐ Oatmeal

PREPARING THE SCRAMBLED EGGS

Ingredients:

- ☐ Cooking Spray
- ☐ Eggs
- ☐ Milk

Other Stuff:

- ☐ Cup
- ☐ Large Mixing Bowl
- ☐ Oven Mitts
- ☐ Skillet or Pot
- ☐ Spatula/Spoon (NOT metal)
- ☐ Whisk

Scrambled Eggs Directions:

1. Wash hands and put on gloves.
2. Break eggs, one at a time, into cup. Then, pour into large bowl or container. Breaking them into a cup first makes it easier to find shells if they fall in and avoids ruining the whole batch if one egg is bad.
3. Mix the eggs well with a large whisk until all yolks are broken and well incorporated.
4. Separate out some of the eggs before adding milk. Cook those first, so that dairy-free individuals can have the eggs too.
5. Add milk (1 cup/70 eggs) and beat well. Take off gloves and throw away.
6. Spray large skillet or pot with cooking spray (or oil/butter).
7. Pour egg mixture into pan (no more than ½ full, so that you can move eggs without spilling over the edge).
8. Cook eggs over medium heat, stirring constantly by scraping spatula against the bottom of the pan. (DO NOT USE metal spatulas).
 - **Always use oven mitts when removing hot food from the stovetop.**
9. Keep warm in oven (on a low setting) until ready to serve.

PREPARING THE BREAKFAST BURRITO TOPPINGS

Ingredients:

- ☐ Green Peppers
- ☐ Onions
- ☐ Shredded Cheese
- ☐ Salsa

Other Stuff:

- ☐ Bowls
- ☐ Cutting Boards
- ☐ Cut Gloves
- ☐ Knives

Topping Prep Directions:

1. Wash hands and put on cut gloves and gloves.
2. Onion
 - Slice ends of onion and peel.
 - Rinse under water.
 - Dice into ½ inch pieces.
 - Place into small container with forks / tongs for serving.
3. Green Peppers
 - Wash pepper(s) under water.
 - Slice in ½, remove seeds and place in garbage or garbage disposal.
 - Dice into ½ inch pieces.
 - Put into small bowl with spoons.
4. Fill 2 small bowls with shredded cheese and add spoons for serving.
5. Fill 2 small bowls with salsa and add spoons for serving.

PREPARING THE OATMEAL

Ingredients:

- ☐ Brown Sugar
- ☐ Oatmeal
- ☐ Raisins
- ☐ Walnuts
- ☐ Water

Other Stuff:

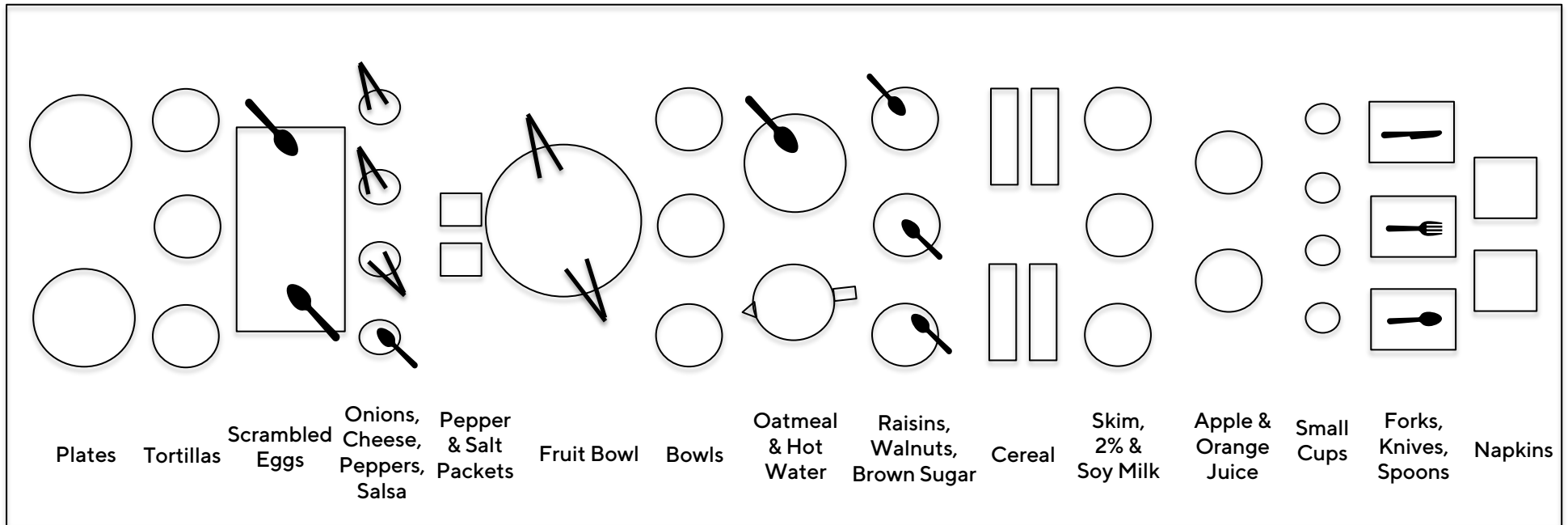
- ☐ Hot Water Carafe
- ☐ Medium-Size Pot
- ☐ Oven Mitts

Oatmeal Directions:

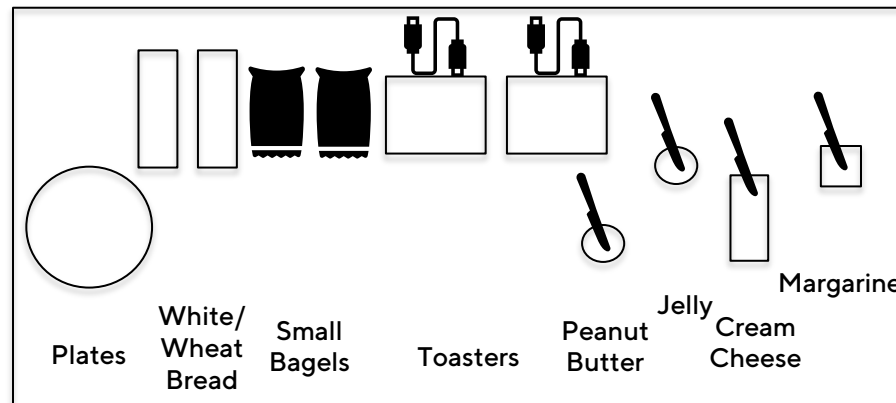
1. Heat a medium-size pot of water on the stove until almost boiling. You will see tiny bubbles starting to form.
 - **Always use oven mitts when removing hot food from the stovetop.**
2. Keep the water hot by immediately pouring the hot water into a heat safe container, like a 5-gallon water cooler or a coffee carafe, which you can use to serve the water. Stay away from serving it directly out of the pot, as there is a larger risk of someone getting burned.
3. Put raisins, walnuts and brown sugar into separate bowls to be served.

BREAKFAST BURRITOS TABLE LAYOUT

Main Breakfast Serving Table



Toaster Station Table



Sub Lunch

BASIC OVERVIEW

- Sandwiches:
 - Sub sandwich bread & regular bread
 - Ham, turkey and salami/roast beef lunch meat
 - Cheese
 - Veggies
 - Mayo and mustard packets
 - Peanut butter & jelly option
- Apple sauce cups
- Cheez-it crackers
- Sandwich cookies

SHOPPING LIST

Items	Amount Per Person	Example	
		Amount for 25	Amount for 50
Applesauce Cups	1 applesauce cup	25 applesauce cups	50 applesauce cups
Cheez-It Crackers	1 bag (individual bags)	25 bags	50 bags
Cucumber	.04 cucumbers	1 cucumber	2 cucumbers
Grape Jelly	.2 servings	5 servings	10 servings
Green Pepper	.03 peppers	1 pepper	2 peppers
Ham Lunchmeat	1.5 slices	38 slices	75 slices
Iceberg Lettuce	.03 heads	1 head	2 heads
Markers	Set out 3-4 markers for people to write their names on their lunch bags		
Mayo Packets	1 packet	25 packets	50 packets
Mustard Packets	.5 packet	13 packets	25 packets
Napkins	1 napkin	25 napkins	50 napkins
Onion	.01 onions	½ onion	1 onion
Paper Lunch Bags	1 bag	25 bags	50 bags
Peanut Butter	.25 servings	6.25 servings	12.5 servings
Peanut Packets	.5 packets	13 packets	25 packets
Plastic Spoons	1 spoon	25 spoons	50 spoons
Plastic Wrap	Set out box with sandwich bags for wrapping sandwich		
Salami or Roast Beef Lunchmeat	.5 slices	13 slices	25 slices
Sandwich Bags	3 bags	75 bags	150 bags
Sandwich Cookies	2 cookies	50 cookies	100 cookies
Sliced Cheese	1 slice	25 slices	50 slices
Strawberry Jelly	.2 servings	5 servings	10 servings
Sub Sandwich Buns	1 bun	25 buns	50 buns
Tomato	.07 tomatoes	2 tomatoes	4 tomatoes
Wheat Bread	.25 slices	7 slices	13 slices
White Bread	.25 slices	7 slices	13 slices

ITEMS THAT REQUIRE ADDITIONAL PREP TIME

- ☐ Meat and Cheese Trays
- ☐ Veggie Trays

PREPARING THE SUB LUNCH MEAT AND CHEESE

Ingredients:

- ☐ Ham
- ☐ Salami or Roast Beef
- ☐ Sliced Cheese
- ☐ Turkey

Other Stuff:

- ☐ Forks or Tongs
- ☐ Rectangular Container for Meat and Cheese

Meat and Cheese Tray Directions:

1. Wash hands and put on gloves.
2. Layer turkey in a rectangular container and make sure that the slices are separated. Do the same for the ham, salami (or roast beef) and cheese in their own containers. Make sure to put new gloves on each time you touch a new food product.
3. Provide 2 sets tongs or forks for each container.
4. Keep containers covered until it is time to serve.
5. Refill as needed throughout lunch prep.

PREPARING THE SUB LUNCH VEGGIE TRAYS

Ingredients:

- ☐ Cucumber
- ☐ Green Pepper
- ☐ Iceberg Lettuce
- ☐ Onion
- ☐ Tomato

Other Stuff:

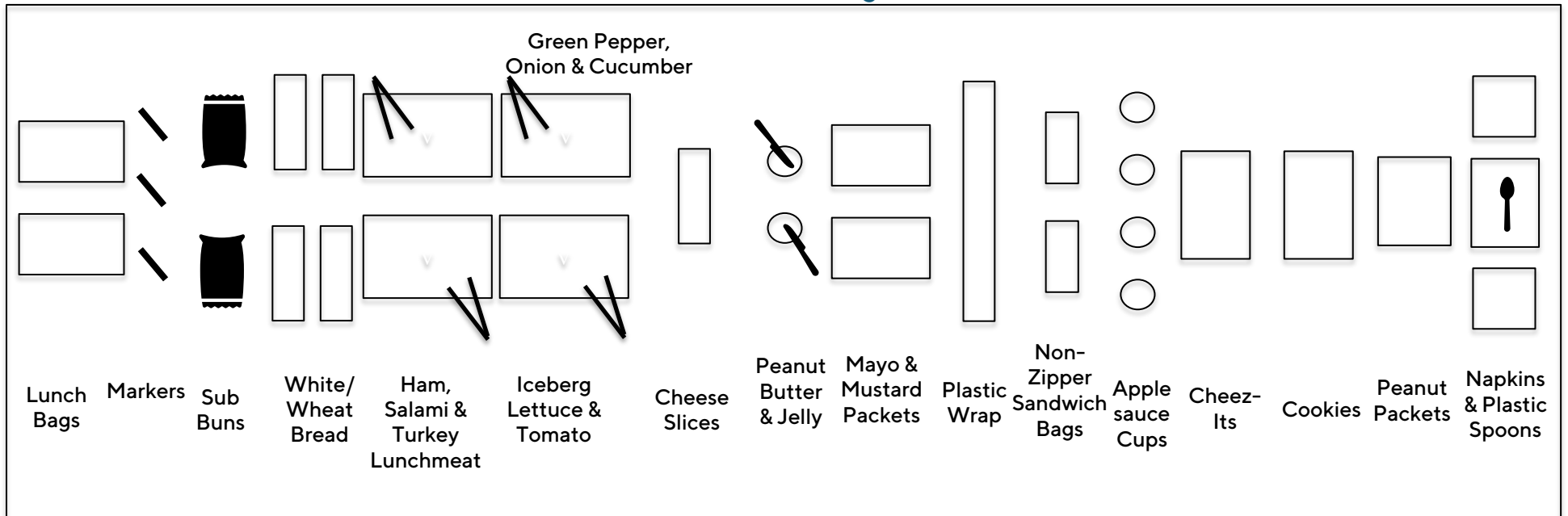
- ☐ Cutting Board
- ☐ Cut Gloves
- ☐ Plastic Containers or Trays
- ☐ Serrated and Sharp Knives
- ☐ Sink for Washing Veggies

Veggie Tray Directions:

1. Wash hands and put on gloves.
2. Rinse the vegetables in the sink.
3. Lettuce
 - Remove plastic wrap and outer lettuce leaves and discard.
 - Smack base of lettuce hard against the counter / sink and tear out the core and discard it (the core is about the size of a golf ball).
 - Under cool running water, turn the head of lettuce upside down and fill the hole you made (by removing the core) with water.
 - Swirl the water around in lettuce then dump into the sink.
 - Repeat this rinsing process three times.
 - Shake well to remove as much excess water as possible.
 - Tear the lettuce into small pieces (or shred).
 - Place in bowl or arrange onto tray / cookie sheet. Refill as needed.
4. Tomato
 - Put on cut glove and disposable gloves.
 - Use cutting board and serrated knife and slice tomato as thinly as possible.
 - Remove hard stem end and discard.
 - Place in small container with tongs / fork for serving. Refill as needed.
5. Onion
 - Put on cut glove and disposable gloves.
 - Use cutting board and serrated knife to slice ends of onion and peel.
 - Cut the onion in half and slice as thinly as possible, making half moon shaped slivers.
 - Place in small container with tongs / fork for serving. Refill as needed.
6. Green Pepper
 - Put on cut glove and disposable gloves.
 - Use cutting board and serrated knife to slice the pepper in half.
 - Dispose of the seeds and stem of the pepper.
 - Slice thinly lengthwise.
 - Place in small container with tongs / fork for serving. Refill as needed.
7. Cucumber
 - Put on cut glove and disposable gloves.
 - Use cutting board and serrated knife to chop off end pieces and discard.
 - Then, slice the cucumber into thin pieces.
 - Place in small container with tongs / fork for serving. Refill as needed.

SUB LUNCH TABLE LAYOUT

Main Lunch Serving Table



Pasta

BASIC OVERVIEW

- Penne noodles
- Alfredo sauce & red sauce
- Meatballs
- Steamed Broccoli
- Parmesan Cheese
- Mixed Salad (choose a pre-made mixed salad with dressing)
- Dessert (choose your own!)

SHOPPING LIST

Items	Amount Per Person	Example	
		Amount for 25	Amount for 50
Alfredo Sauce	.9 servings	22.5 servings	45 servings
Broccoli (frozen)	.7 servings	17.5 servings	35 servings
Dinner Rolls	1.5 rolls	38 rolls	75 rolls
Margarine	1 serving	25 servings	50 servings
Meatballs (frozen)	4 meatballs	100 meatballs	200 meatballs
Parmesan Cheese	1 serving	25 servings	50 servings
Penne Pasta	1.3 servings	32.5 servings	65 servings
Red Spaghetti Sauce (meatless)	.7 servings	17.5 servings	35 servings
Mixed Salad (pre-made, bagged, with dressing)	1 serving	25 servings	50 servings
Dessert Item	1 item	25 items	50 items
Tropical Punch	1 Serving	25 servings	50 servings

ITEMS THAT REQUIRE ADDITIONAL PREP TIME

- ☐ Alfredo and Red Sauces
- ☐ Meatballs and Broccoli
- ☐ Pasta
- ☐ Mixed Salad (see salad bag for directions)

PREPARING THE ALFREDO AND RED SAUCES

Ingredients:

- ☐ Alfredo Sauce
- ☐ Red Spaghetti Sauce (meatless)

Other Stuff:

- ☐ Large Spoons
- ☐ Oven Mitts
- ☐ Pots

Sauce Directions:

1. In separate pots, heat sauces thoroughly on the stovetop on medium heat; continue stirring to avoid burning the bottom.
 - **Always use oven mitts when removing hot food from the stovetop.**
2. Season the Alfredo sauce with garlic powder for added flavor. You can also add a little bit of pepper to enhance flavor.
3. On low heat, cover sauces and keep warm on stovetop until ready to serve. Stirring every few minutes to keep the sauce from sticking to the pots.
4. Sauces should be served on the side – not mixed in with the pasta. This allows participants to choose what type of sauce they want.

PREPARING THE MEATBALLS AND BROCCOLI

Ingredients:

- ☐ Broccoli (frozen)
- ☐ Meatballs (frozen)

Other stuff:

- ☐ Bowl
- ☐ Large Baking Pans
- ☐ Large Spoons
- ☐ Meat Thermometer
- ☐ Mixing Spoons
- ☐ Oven Mitts

Meatball Directions:

1. Preheat oven according to package instructions.
 - **Always use oven mitts when placing food into the oven and removing hot food from the oven or stovetop.**
2. Count out the number of meatballs and put into large baking pans. Meatballs can be touching, but make sure they're only in one layer.
3. Set the timer according to package directions.
4. No need to stir or cover – just take them out when the package directions say they're done.
5. Check the internal temperature of the middle meatballs. They need to be at least 160 degrees.
6. Serve on the side (next to the pasta sauces) so that people can choose what they want with their pasta.

Broccoli Directions:

1. Using a bowl or pot, heat broccoli in the microwave or on the stovetop, according to package directions.
 - **Always use oven mitts when removing hot food from the stovetop.**
2. Serve on the side (next to the pasta sauces) so that people can choose what they want with their pasta.

PREPARING THE PASTA

Ingredients:

- ☐ Penne Pasta
- ☐ Salt
- ☐ Vegetable or Olive Oil

Other Stuff:

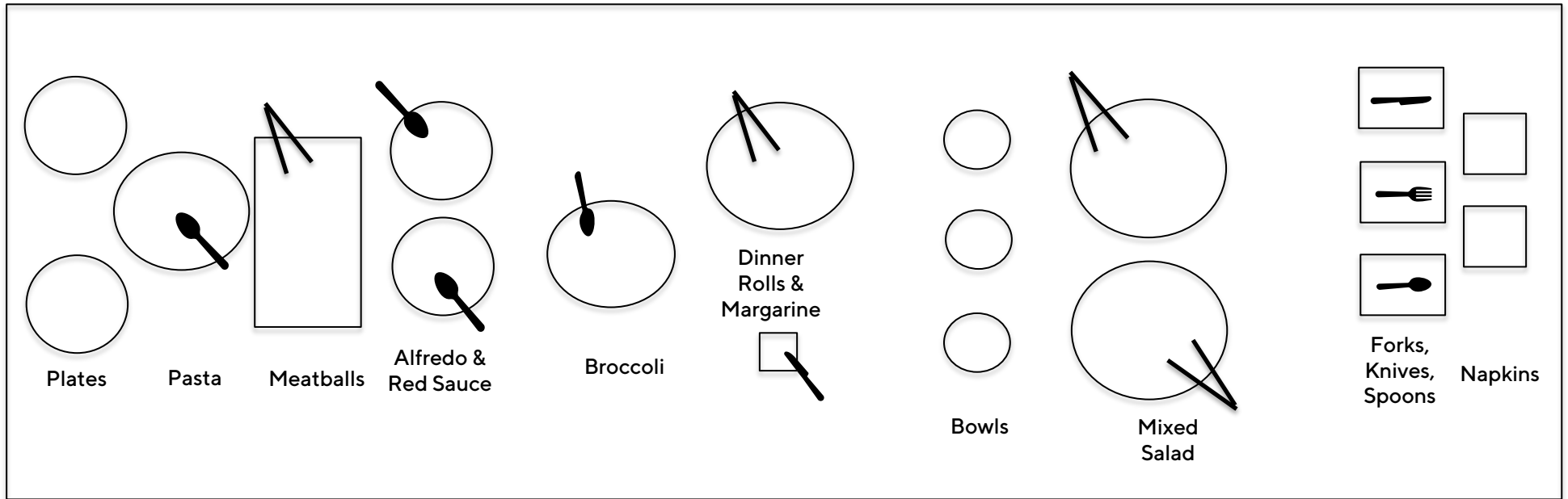
- ☐ Colander/Strainer
- ☐ Large Pots with Covers
- ☐ Oven Mitts
- ☐ Spoon

Pasta Directions:

1. Fill 2 large pots a little over half full of water.
 - **Start boiling water right away as it can take at least 30 minutes to come to a full boil.**
 - **Always use oven mitts when removing hot food from the stovetop.**
2. Bring to boil. Make sure you get the water started before the participants arrive to make sure it is boiling in time.
3. Once water is boiling rapidly, add pasta (half to each pot).
4. Add a pinch of salt to each pot to prevent the water from boiling over.
5. Stir, scraping the pasta from the bottom and sides of pan to avoid sticking and burning.
6. Cook according to package directions until pasta is tender.
7. Using potholders and 2 people (one on each side of the pot), carefully drain pasta into colander/strainer in sink.
8. Once drained, pour pasta into a serving dish (not the one you cooked the pasta in because the hot pot will make the pasta cook). Drizzle a small amount of oil over the top and stir it in to help keep the pasta from sticking together. Make sure not to add too much or you will have greasy pasta.
9. Keep pasta in separate serving dish so participants can choose which type of sauce they want – they can put it on themselves.

PASTA TABLE LAYOUT

Main Dinner Serving Table



Drinks & Desserts

(can be at the end of the main table or on a separate table)

