



Meal Planning Ideas

Meal Planning for Large Groups

It can be difficult to figure out what to plan for meals for large groups! Below are a few suggestions based on what groups have planned in the past.

We also have listed amounts for different items to help you calculate how much you might need. Each amount is per person, so multiply the amount by the total number of people in your group to calculate the total amount you will need for your group. Once you do the math, add a little more. You will always have some in every group who have a bigger appetite than others. If you have a lot of teenage boys, you may need to increase these even more!

How to Plan Meals for Your Mission Trip at SoCal Mission Inn

Step 1: Find out from your group if there are any special dietary needs. Do you have any vegetarians in your group? Does anyone have food allergies, gluten, or lactose intolerance, etc.?

Step 2: Find out (if we haven't already sent it to you) what your group's schedule will be. In some cases, meals will be eaten onsite with your ministry partner. Some days, your group may need to pack lunches to bring with you to your ministry site. Each week varies slightly in terms of meals. Knowing your schedule will help you plan your meals accurately.

Step 3: Print out the Menu Form and the Grocery List Form from the SoCal Mission Inn website (<http://fccorange.com/socal-mission-inn/>) and start planning what your group will eat for each meal. (This is where the information below will be helpful.)

Popular Menu Ideas

Breakfast

For most mornings, cereal and/or bagels seem to work best because they are simple to prepare. Other options include:

- pancakes (work best on a morning when you don't have to leave early)
- juice
- fruit
- sausage and/or bacon
- scrambled eggs
- toast
- bagels
- hard boiled eggs

Lunch

- sandwiches - variety of lunch meat (ham, turkey, roast beef) and sliced cheese; peanut butter & jelly
- chips
- fruit
- baby carrots
- granola bars
- cookies

Dinner

- Spaghetti
- taco bar or taco salad
- sub sandwiches
- pizza
- chicken nuggets
- macaroni and cheese
- Baked potato/salad bar
- grilled chicken (yes, we do have a grill!)
- hamburgers and hot dogs
- Chili
- Sloppy Joes

Check out the "Week Plan for Mexico Meals" on the website for additional ideas. There are even a few recipes that the group uses.

Suggested Amounts (Per Person):

Breakfast

- eggs - 2 per person
- cereal - 4 oz.
- meat (sausage, bacon) - 2 per person

Lunch

- deli meat - 2 slices or 1 oz.
- cheese - 1 slice
- fruits - 4 oz

Dinner

- meat - 3 oz.
- starch (potatoes, rice, etc.) - 4 oz.
- vegetables - 4 oz.

Other

- Drinks - 6-8 oz.

Make sure you include snacks on your plan and your grocery list. Some ideas include:

Snacks

- cheese sticks
- popcorn
- granola bars
- fruit
- chips or crackers
- hummus and veggies
- popsicles
- carrots and ranch dressing
- trail mix

SoCal Mission Inn

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