

Monday Lunch Menu and Shopping list, updated 11/2/09, to serve ~175 people

Coffee and tea (provided by the Cathedral) are served before each meal. In the winter, spring, and fall we serve soup before the meal. During the summer months we usually do not serve soup, and provide iced tea and/or lemonade in place of hot tea, along with the coffee. These menus are only suggestions. You may mix and match or add as you like. (Although if you create a new, simple, delicious dish, please pass it on!)

The default menu is soup, meatball subs with sauce, vegetables, potato chips, dessert.

Mulligatawny Soup:

- 5, ~48 oz. cans cream of chicken soup curry (3 Tbls) (almost never need to buy)
- 5, ~48 oz. cans chicken broth cinnamon (3 Tbls) (almost never need to buy)
- ~125 oz apple sauce
- ~1 and 1/2 gallons whole milk The shopper should put this in the fridge in the lower parish hall.

Spray a large pot thoroughly with PAM. Mix the soups and the milk together. Heat slowly, stirring very often. In a separate pan stir the seasonings into the applesauce and heat slowly, stirring often. Add the applesauce mixture to the soup about 20 minutes before serving.

St. Michael's Soup:

- 5, ~48 oz. cans chicken broth 4 individual packages (not boxes!)
- 5, ~48 oz. cans beef broth dried onion soup usually don't have to buy.
- 5, ~48 oz. cans of V-8 juice

Spray a very large pot with PAM. Mix all ingredients. Heat, stirring occasionally.

Meatballs Subs: (Makes ~300 subs)

- 3, ~110 oz. cans tomato sauce (#10 cans)
- 3, ~18 oz. pkgs. frozen, chopped onions
- 3, ~18 oz. pkgs. frozen, chopped green peppers
- Approx. 1000 small-size (1/2 oz) frozen Italian meatballs (use 3 meatballs/sub) or approx 500, 1 1/2 oz meatballs, frozen (use 2/sub). **Put the meatballs in a refrigerator sometime between the Wednesday and Friday before our Monday so that they can thaw. This is critical for the larger 1 1/2 oz meatballs!** We have permission to use the refrigerator in the lower parish hall. Spray 2 large pans and one smaller pan with PAM. Divide up and mix meatballs, tomato sauce, onions and peppers into pans. Cook in the oven at 450 degrees for about 1 1/2 hours.

French Rolls:

The leader buys French rolls from Quinzani's, 380 Harrison Ave, on the way to the Cathedral. Buy 6 bags of 48.

Vegetables:

10 bags of ~40 oz. each of frozen veggies. Peas, corn, and carrots are best. Broccoli and cauliflower tend to turn to mush. Half-fill 2 very large pots with water at about 10:00. Bring to a boil. Put vegetables in at about 11:15 and cook for about 1/2 hour. Put vegetables into a serving pan, add some margarine and Mrs. Dash (or Italian seasoning)..

Potato Chips:

- 10, 1 lb bags.

Desserts:

About 350 cookies. It's best for the servers if there is only one kind of cookie as this avoid arguments with and among the guests. Donated candy after Halloween. Ice cream is difficult to carry now with the extra food we need to bring. Clementines are a good dessert. The leader can also ask the parish to make brownies.