

**SOUTH PARK INN**  
**MEAL PREPARATION GUIDELINES**

Meals should generally be prepared to feed 130 people (110 adults and 20 children).

Note: Many adults rely on South Park Inn dinners as their main meal of the day. So it is safest to assume that most are men who are big eaters! A couple of days ahead, call Charlie Brennan or Mary Vazquez to see how the occupancy has been, then adjust quantities if the occupancy has been significantly lower (860-724-0071).

Enclosed is our quantity work sheet, which will give you an idea of what you may need for commonly prepared meals.. Many items are available in both for reasonable prices at discount stores such as Sam's or BJ's.

**Meal Suggestions**

**Meal # 1**

Pasta, ground beef, sauce, salad (or veggies)  
desert (or fruit)

**Meal #6**

Meatloaf, mash potatoes, gravy, vegetables &  
desert (or fruit).

**Meal # 2**

Meatballs in gravy, egg noodles, salad, & desert  
(or fruit).

**Meal # 7**

Baked chicken, potatoes, salad (or veggies) &  
desert (or fruit).

**Meal # 3**

Macaroni & cheese, veggies (or salad)  
& desert (or fruit).

**Meal #8**

Vegetable soup, cheese or tuna sandwiches &  
desert (or fruit).

**Meal # 4**

Baked Fish, veggies (or salad) & desert  
(or fruit).

**Meal #9**

Tuna noodle casserole, salad & desert (or fruit).

**Meal # 5**

Kielbasa, sauerkraut, salad & desert (or fruit)

**Meal #10**

Hot dogs, beans (or fries), salad or desert (or  
fruit).

### Quantity Guide Sheet

Item	Quantity
Pasta	25lbs. - Spaghetti, noodles or rice (cooked as usual)
Potatoes	35-40lbs. – cooked as usual
Ground Meat	30lbs. – use over pasta or sloppy Joes <ul style="list-style-type: none"> <li>- Used to make homemade Meat balls</li> <li>- Makes avg. 3oz/person cooked</li> <li>- Can make hamburgers (use more meat per person)</li> <li>- 10lbs. bags of pre-made meatballs</li> </ul>
Sauce (gravy)	3- #10 cans (make from scratch 40 cups)
Salad	7 Heads of lettuce, 3 onions, 12 tomatoes, 4 peppers. (can buy chopped lettuce and other items.
Dressing	
Vegetables	Canned 4 #10 cans Frozen 6 -24oz bags Fresh – Cabbage 4 heads, carrots 35-40lbs.
Mac & Cheese	30lbs. of macaroni (elbows – cooked as usual) 12-13lbs. block or bag cheese(cheddar best) 3- #10 cans pre-made cheese Milk as needed
Soup	Condensed 5-50oz. cans
Tuna Salad	5- 6lbs. cans of tuna 1 jar mayonnaise 1 jar relish 2 onions
Tuna Noodles Casserole	20lbs. of noodles 4-6lbs. cans tuna 2- #10 cans carrots or other veggies 3-50 oz cans mushroom soup
Kielbasa	30lbs.
Hot Dogs	220 (2 each per person)
Beans/Chili	3-4 #10 cans (served with hot dogs)
Stew	8-#10 cans (110 cups)
Chicken	1 breast or thigh each 2 legs each 30lbs. deboned
Cheese Sandwiches	2 sandwiches for each adults 1 sandwich for each child 160 slices/block cheese
Canned/Fresh Fruit	4-#10 cans of applesauce, peaches, etc. 1 apple or banana per person 20lbs of grapes
Deserts	Cookies – 2 each (depending on size) Brownies – 1 each (depending on size) Pudding – 5-#10 cans