

## Dinner at St. Luke's

Dinner is provided for up to 100 people on the second Tuesday of every month. We include meat, starches, bread, a vegetable, dessert, and a beverage.

Decide on a menu, shop, cook, deliver and serve. Sounds simple? Here are some details to help get it done:

**The Menu:** Casseroles of pasta/noodles, meat, and vegetable: put this all together in one pan. Recipes can expand one of your favorites, or consult a web site such as Growlies Big Meals (<http://lotsofinfo.tripod.com/BigrecipeLIST.htm>) or Trinity's own Cooking For Crowds on our website under Trinity Cooks (<http://trinitysouthport.org/tsp/community/trinity-cooks.html>). Food can be hot or cold depending on the season.

Aluminum pans are usually stocked in the Parish kitchen along with heavy duty foil to cover when complete. Each pan holds about 25 servings

We have usually prepared food for 100 but the attendance has been closer to 50 lately. Plan for 75, and the leftovers are preserved and distributed through the food pantry. *In follow up, please tell me if you are short, so we can adjust.*

Groups who volunteer can split cooking and serving. Cook on Sunday, probably at Trinity, refrigerate or freeze and then we arrange for warming/thawing early Tuesday. Ready for departure from Trinity by 4:00 to 4:30 to arrive at St. Luke's well before 5. Cooking works solo but more fun with a group, pick the size. Kids seem to like both parts of this task. Serving works with 2 or more... There is no clean up at St Luke's.

Thanks for volunteering for this community service.

They ask that dinner arrive at 4 pm to serve at 5pm. I leave that timing to you, it seems excessive to me but you also have to allow for I-95 traffic

I think they are worried that dinner will be late and 5 pm serving is in stone, and we have been late in the past.

So, please do this when you leave Trinity, call Sr Maria at her cell: 203-526-2798 or St Luke's office at 203-367-7009 so they know you are on the way. Without this assurance they call me and I have no way to know what's up unless I go to Trinity and look in the ovens

**Delivery:** Sr. Maria is in charge at St Luke's. The address is 594 Kossuth St. and the phone is 203-367-7009. There is parking in the lot in back on Beach St, enter there. Use mapping software to get your best directions. Traffic on I 95 to Bridgeport in the late afternoon can be unpredictable.

We can coordinate with someone in the office to thaw/heat early Tuesday so the dinner is hot.

**Shopping:** We'd like to keep the cost per event at about \$150 or less. I have done what I outline below for close to \$100. Your shopping receipts should be submitted to Melanie for reimbursement.

Pork, Chicken, Turkey, Ground beef, are good starting points. I have used the very large Rotisserie Chicken from Costco with pasta as a start. (2 chickens boned and skinned and cut up in ~1/2" dice worked for 25 servings in a pasta salad )

Large bags of fresh or frozen vegetables like broccoli crowns (blanched) or peas, added to a hot casserole frozen or shredded carrot raw are useful.

You can work out baking if you like but I have purchased (BJ's or Costco) bananas, oranges, apples that are inexpensive, nourishing, and have their own portion control. The Operation Hope cooks use large containers of cookies successfully.

We usually bring a large container of lemonade or iced tea mix, to be prepared there. Bread or rolls complete the picture, no butter.

No need for any serving tools or supplies, that's all there.

Thank you. David Nessel, 203-255-1608