



THE CHIMERAS FRC TEAM 1684

TEAM MEAL GUIDELINES

SIGNING UP FOR MEALS

- An online meal signup will be sent via email and posted in Slack
- **If you can, please sign up ASAP.** This is for planning purposes so we are not scrambling every weekend to find people to cover meals as it has been an issue in the past.
- If you need to switch a meal date after the deadline, please speak to Bernadette ASAP.
- Please look over what others are bringing for food and strive to provide a variety.

GUIDELINES FOR PROVIDING MEALS

- Meals should include a main course and a side. Dessert is optional.
- Meals should serve approximately 30-35 people.
- Beverages besides water are allowed for meals. Note – we currently do not have ice at CFI or a way to keep it, but hopefully will be getting a refrigerator with freezer soon.
- Leftovers may be left at CFI for the team to have for later or sent home with your student. Please indicate at drop off which you will be doing.
 - If leaving leftovers for the team, please provide containers to store food in as we do not have anything at our disposal to do so.
- All serving dishes and utensils used will not be cleaned at CFI. (our sink is no longer usable)
- It is up to you and/or your student to ensure what you bring gets back home to you.

SETTING UP AND CLEANING UP FOR MEALS

- The person(s) providing the meal is responsible for setting it up at their scheduled time.
- The person(s) providing the meal and/or their student(s) are responsible for cleaning up the kitchen and ensuring leftovers are stored after the meal. Students can get help from other students if they are left solely responsible.
- Meal Schedules
 - Please have meals setup and ready to serve at the following times:
 - Saturday Dinner: 7:00pm
 - Sunday Dinner: 5:00pm

SUGGESTIONS FOR MEALS

- A list of suggestions is provided. Feel free to go outside the list. The team is grateful to have a hot meal and in general not picky!

NOTES ABOUT FOOD ALLERGENS AND PREFERENCES

- The Team cannot guarantee that every food item will be free of all allergens. Mentors will **not** be policing this. It is up to the students and/or mentor affected to monitor their food intake and stay aware of allergens. We do have a members with dairy issues, so you may provide those options if you choose to, but it is not required.
- Those with special food needs or preferences should check the meal signup sheet ahead of time to ensure they are able to eat what is being brought in. If not, please plan accordingly.



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MEAL SUGGESTIONS

MAIN DISH	SIDES	BEVERAGES	IDEAS IF CATERING
Pizza	Mac & Cheese	Water	Meijer Deli
Pulled Pork	Salad with toppings	Chocolate Milk	Kroger Deli
Lasagna	Cole Slaw	Juice	Walmart Deli
Sub sandwiches	Baked Beans	Cold Pop	EG Nicks
Enchiladas	Mexican Rice	Lemonade	Pizza Vendors
Sloppy Joe's	Veggies & dip	Gatorade	Jimmy Johns
Chili	Garlic Bread		Mancinos
Baked Pasta	Chips		
Fettuccini Alfredo	Pasta Salad		
Baked Chicken	Corn		
Taco Bar	Broccoli		
Chicken Noodle Soup	Mashed Potatoes		
Hot Dogs / Coney Dogs	White Rice		
Burgers	Antipasto Salad		
Breakfast Foods	Fruit Salad		
Baked Potato Bar	Bread Sticks		
Chicken Tenders	Pita Bread		
Fried Chicken	Chef Salad		
Nachos with toppings	French Fries		
Hearty Soup & Sandwiches	Rolls		
Meatballs	Chips & Salsa		
Casseroles	Cheesy Potatoes		
Crock Pot Meals	Corn Bread		
Stroganoff			
Make your own wraps			