

BREAKFAST:

Hot Cakes (4 to 5 inches) 3 to 4 per serving

Waffles – 2 squares per serving

French toast – 2 slices per serving

Bacon or sausage – 2 to 3 pieces per serving

Ham – 1/4 to 1/2 inch thick slice per serving

Eggs – 2 per serving of boiled or fried, 2-1/2 eggs per person if scrambled

Biscuits & Gravy – 2 biscuits and 6 ounces of gravy. (1 biscuit if served with eggs and 4oz. gravy)

Breakfast casserole – 9 x13 pan yields approx. 12 servings (3 inch by 3 inch)

Juice or fruit – 1/2 cup or 4 ounces per serving

Toast – one slice with 1 Tbsp butter or margarine

CONTINENTAL BREAKFAST

Sweet Rolls or Bagels – 1 Large, one per serving or 2 Small per serving

Donuts – two per serving

Muffins – Large, 1/2 per serving or Small 1 per serving

Juice – 1/2 cup per serving (4 ounces)

Fruit – 1/2 cup per serving

DINNER

Entrée

Boneless meats – 4-6 ounces (raw weight) per serving

Bone-in meats -8 ounces (raw weight) per serving

Pastas, Spaghetti, etc.- 8 ounces per serving containing 4-6 oz of meat with adequate amounts of sauce.

Casseroles – 9x13 pan yields approx. 12 servings

Soups and Stews - 1 cup or 8 oz per serving

Salads

Tossed – 1 cup per serving. (1 head lettuce = 6-8 servings).

Slaws – 1/2 cup per serving

Molded salad – 1/2 cup per serving

Fruit Salad – 1/2 cup (4oz) per serving

Sides:

Vegetable – 3/4 cup per serving

Potato – one small-medium baked per serving or 1/2 cup mashed per serving

Rice – 1/2 cup per serving

Pasta - 1/2 cup per serving

Bread or rolls - One roll or slice of bread per serving + 1Tbsp butter

DESSERTS

Pie – cut into 8 slices

Cakes or brownies

- 8 or 9-inch Square Cake, single layer - 9 to 16 slices
- 8 or 9-inch Round cake, single layer - 8 to 10 slices
- 8 or 9-inch Round cake, double layer - 12 to 16 slices
- Angel Food or Bundt Cake - 12 to 16 slices
- 9 or 10-inch Round Cheesecake - 12 to 16 slices
- 13 x 9-inch Rectangular Pan - 12 to 20 slices

Ice cream – 1/2 cup per serving

Cookies – 2 per serving

(Also consider 6-8 sugar free/gluten free servings)