

Thank you for supporting Operation Hope.

OPERATION HOPE MEAL – STARTER KIT CONTENTS:

- SIGN UP DATE
- COVER SHEET
- SAMPLE RECIPES
- TRAY LABELS
- TAX DEDUCTION RECEIPT

The meal being prepared should serve approximately 25 people which includes:

Medium Aluminum Cooking Trays (approx 10" x 8" x 2.5")

- 2 TRAYS - MAIN COURSE [**Minimal starches**, if possible]
- 2 TRAYS - SIDE COURSE [Vegetable...ETC]
- 2 TRAYS - SIDE COURSE [Another Vegetable...ETC]

**IMPORTANT DELIVERY UPDATE:**

- ❖ Please be sure to place the meals in the **FIRST CHURCH REFRIGERATOR** in the main **(Wakeman Hall)** kitchen, prior to 4PM Sunday.
- ❖ Please place the meal trays on the shelf pre-marked: **'Operation Hope Meals'**.

Cooked items must be fully pre-cooked.

They will cool and be re-heated by Operation Hope will re-heat the items prior to serving.

The provided 'Meal Tray Labels' should be attached to each tray listing:

- A) All ingredients; B) How to store the items
- C) Date prepared; D) Reheating instructions.

If possible, please email me a few pictures of the completed meal and a few sentences of feedback about the experiences and feelings of planning, preparing, cooking, delivering.... ETC... the meals.

OHFCMEALS@GMAIL.COM

Please let me know if there are any further questions.

Once again, thank you for your support.

# MEAL TRAY LABELS — PLEASE LABEL EACH TRAY

<p>Meal to be served on: (date)</p> <p>Meal Type (circle one): lunch dinner</p> <p>Ingredients:</p>          <p>Prepared on: (date)</p> <p>Store in (circle one): refrigerator freezer keep hot</p> <p>Cooking/Baking instructions:</p> <p>Temperature Duration</p>	<p>Meal to be served on: (date)</p> <p>Meal Type (circle one): lunch dinner</p> <p>Ingredients:</p>          <p>Prepared on: (date)</p> <p>Store in (circle one): refrigerator freezer keep hot</p> <p>Cooking/Baking instructions:</p> <p>Temperature Duration</p>
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## TAX DEDUCTION FORM



People like YOU make it possible for us to continue to fight hunger and homelessness.

Donation Date: \_\_\_\_\_

Donation Value: \_\_\_\_\_

Donor Name: \_\_\_\_\_

Donation Description: \_\_\_\_\_

Donation Signed by: Carla M. Miller

Executive Director

Operation Hope is a recognized 501 (c) (3) non-profit organization. No goods or services of any value were or will be transferred to you in connection with this donation.

Please keep this written acknowledgement of your donation for your tax records.

636 Old Post Road Fairfield, CT. 06424 Phone (203) 292-5588 Facsimile (203) 292-5592 www.OperationHopeCT.org

SAMPLES ONLY – FEEL FREE TO MAKE YOUR OWN RECIPE

Recipes for Feeding 50  
(DIVIDE IF FEEDING 25 INDIVIDUALS)

**Meatloaf for 50 serves/makes 50 (DIVIDE IF FEEDING 25)**

Ready in: 1-2 hrs

Ingredients:

10 lbs. lean ground beef or meat loaf mix (ground beef & pork)

2 cups milk

8 eggs

2 cans Campbell's tomato soup, undiluted

4 cups fine dry bread crumbs

3 tablespoons salt

1 1/2 teaspoon pepper

1 1/2 cups finely chopped onions

1/4 cup Worcestershire sauce

1 tablespoon poultry seasoning

2 tablespoons minced parsley

Directions:

Combine with meat and seasonings, mix thoroughly. Pat into 6 loaves. Bake, covered, 2 hours at 325 degrees to an internal temperature of 160 degrees. Then uncover to brown. Serve with a tomato sauce or other sauce if desired.

**Sloppy Joes for 50 (DIVIDE IF FEEDING 25)**

13 pounds of lean ground beef

1 whole head of celery, diced

2 green peppers, diced

6 large dry onions or 3 Bermuda onions, diced

4 cups catsup

4 ( 8 oz.) cans tomato sauce

3 cans ( 6 oz.) tomato paste

1/4 cup Worcestershire sauce

3 tbsp. chili powder

6 tbsp. vinegar

1 jar ( 6 oz. ) yellow mustard

12 tbsp. brown sugar

1 tsp. pepper

salt

Brown beef about 1/3 at a time, in a large fry pan. Drain off fat. Transfer browned beef to a electric roaster or large kettle. Sauté the cut up celery, green pepper and onions in enough oil to cover bottom of pan. Cook over low heat until vegetables are soft. Combine meat, catsup, tomato sauce, tomato

paste and Worcestershire sauce, chili powder, vinegar, mustard, brown sugar, pepper and salt. Add salt start with 1 tbsp. and add until you like the taste. Cook in roaster on low for several hours, stir often so it doesn't burn. If it is too thin add a little cornstarch dissolved in water and then stir into hot mixture.

SAMPLES ONLY – FEEL FREE TO MAKE YOUR OWN RECIPE

**Oven Baked Chicken - Serves 50. (DIVIDE IF FEEDING 25)**

5 c. cornflake crumbs

2 1/2 Tbsp. salt

1 1/4 tsp. pepper

5 tsp. paprika

2 1/2 tsp. garlic salt

2 1/2 tsp. onion salt

10 eggs

2 1/2 Tbsp. lemon juice

50 chicken breasts

Combine crumbs with seasonings. In a shallow bowl, combine eggs and lemon juice beating slightly. Dip chicken into egg mixture then coat in crumb mixture. Place on ungreased baking pan. Bake uncovered for 1 to 1 1/4 hr. at 350 until chicken is at an internal temperature of 180.

**Baked Pork Chops - Serves 50. (DIVIDE IF FEEDING 25)**

5 lbs onions

2- 32 oz bils catsup

2 lb brown sugar

salt and pepper

50+ pork chops (thicker slices) allow one per person.

Season chops, arrange on cookie sheet pan. Top each slice with a slice of onion. Cover each with several large spoons of catsup. Top with several spoons of brown sugar. Add 1 cup of water to pan. Do not pour over chops (add to sides).

Bake at 350 degrees in oven until tender. If water evaporates, add a little more.

**Rice and Ham Casserole - Serves 50. (DIVIDE IF FEEDING 25)**

6 c. rice, uncooked

12 c. boiling water

1 1/2 tsp. salt

10 c. cubed ham (or other meat)

12 stalks celery

4 c. onions

2 green peppers

4 lb. carrots

Place rice, water and salt in greased baking pan. Add chopped ham, celery, onions, peppers and carrots over rice. Stir in 4 cans of cream of chicken soup and 3 cans cream of mushroom soup into casserole mixture. Cover, bake at 350 degrees for 1 hour and 45 minutes. Serves 60.