

Main Dishes

Proteins suggestions

Tuna Salad	50 servings - 3 gal. (128 oz.)
Egg Salad	50 servings - 75 eggs 6 1/4 dozen
Tofu	50 serving - approx. 20 lbs.
Cheese	50 servings - 3 + lbs.
Gefilte Fish	50 servings - 50 + portions, go by the label
Vegetarian Chili	50 servings - 1 1/2 gal.
Fish	50 servings - 15 lbs.

Carbs and Protein

Vegetable Pot Pie, Cheese Soufflé	50 servings - 4 - 9" x 13" x 2"
Blitz Soufflé'	
Mini Pizza Bagels	50 servings 4+ dozen
Quiche	50 servings - 5 pies
Beans and Rice	50 servings - 1 1/2 gal.
Sushi (NO SHELLFISH)	50 servings - 100 - 200 pieces
Lentil dish	50 servings - 6 1/2 lbs.
Macaroni and cheese	50 servings - 4 - 9" x 13" x 2"
Eggplant Parmesan	50 Servings - 4 - 9" x 13" x 2"
Black Bean Quesadillas	
Vegetarian Lettuce Wraps	
Veggie Spring Rolls	

Carbohydrate Suggestions

Pasta with simple sauce	50 servings - 6 1/4 lbs. dry pasta
Pasta with lots of extras	50 servings 3 + lbs. of dry pasta
Rice Salad	50 servings - 4 lbs.
Couscous / grain pilaf / tabbouleh	50 servings - about the same as rice
Quinoa Salad	50 servings - 1 1/2 gal.
Noodle Kugel	50 servings - 4 - 9" x 13" x 2" (Double it, if you make it ve
Baked Beans	50 servings - 2 1/2 gal.
Barley and mushroom	50 servings - 4 - 9" x 13" x 2"
Lasagna	50 servings 4 - 9" x 13" x 2" (Check servings on package)
Lasagna Rolls	50 servings - 4 - 9" x 13" x 2"

Salads and Side Dishes

Tossed green salad	50 servings 6 - 7 pounds tossed salad mix
Caesar salad	50 servings - 7 heads of lettuce
Fruit salad	50 servings - 10 lbs.
Potato salad	50 servings - approx. 17 1/2 lbs. of potatoes
Cole slaw	50 servings - 10 lbs.
Hummus	50 servings - 2 qts

Baba Ghanoush	50 servings - 2 qts
Vegetarian "Chopped Liver"	50 servings - 2 qts
Guacamole	50 servings - 2 - 3 qts
Turkish Salad	50 servings - 2 qts
Eggplant "Caviar"	50 servings - 2 - 3 qts
Roasted Vegetables	50 servings - 3 - 9" x 13" x 2"
Bean Salad	50 servings - 1 - 1 1/2 gals
Corn and bean salad	50 servings - 1 1/2 gals.
Corn Pudding	50 servings - 4 - 9" x 13" x 2"
Sweet Potato Casserole	50 servings 4 - 9" x 13" x 2"
Spinach Avocado dip	50 servings - 2 qts.
Root Vegetable Medley	50 servings - 4 - 9" x 13" x 2"
<u>Scalloped</u> Potatoes	50 servings - 4- 9x13x2 1/2 pan
Falafel	50 Servings - at least 150 pieces

Desserts

Watermelon	50 servings 1-1/2 large melons, sliced
Pie	50 servings -4 - 5 pies
Cobbler	50 servings 2 - 9" x 13" x 2"
Cookies	50 servings - 100 - 200 depending upon the size
Mini Cupcakes	50 Servings - 100 cupcakes
Cupcakes	50 servings - 50 cupcakes
Brownies	50 servings - 3-4 9x13" pans (4 packages of commercial n
Loaf Cakes	50 servings - 5 loaves
Sheet Cakes	50 servings - Half sheet
Layer Cakes	50 servings - 4-5 cakes

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