

## Meals Served in the Past

The following list of meals have been prepared for students in the past. The list is by no means inclusive, merely ideas to help you come up with your own ideas for student meals. Think outside the box for your meal and "three courses" are not required!

- Meatloaf, Mashed Potatoes with Gravy, Vegetable.
- Pancakes/Waffles (yes, breakfast for dinner is a hit!)
- Beef Stoganoff, Noodles, Vegetable
- Spaghetti with Meatballs
- Pork Roast, Mash Potatoes, Gravy, Vegetable
- Lasagna with Side Salad
- Baked Chicken with various coatings, AuGratin Potatoes, Vegetable
- Soup and Salad
- Hearty Stew served with Bread
- Grilled Hot Dogs/Hamburgers, Potato Salad, Chips, Baked Beans.

## Top Five Things you'll hear at Student Meals.

5. "Thank you for making dinner for us."
4. "Are we having \_\_\_\_\_ again? Oh good, I was hoping for that. I love \_\_\_\_\_."
3. "Seconds, we can have seconds?"
2. "Can I take some home?"
1. "When are you cooking again?"

## Reservations?

No, we don't expect you to make reservations however, if you still **HAVE** reservations, relax. Not sure you can "go this alone"? Speak with Pastor or the Campus Ministry Associate. They can put you in touch with experienced "meal ministers" to help you get started. You may even partner on a regular basis.

## COOKING FOR STUDENTS: THE DO'S AND DON'TS

### Do:

- Find recipes that can easily be doubled, tripled or quadrupled. You can use [www.allrecipes.com](http://www.allrecipes.com) or other websites to find recipes. The scaling tools on various websites adjust the recipes for increased serving sizes.
- Find recipes that are simple, usually with just a few ingredients.
- Arrive early enough to have the meal ready by the designated time.
- Make simple, uncomplicated meals. The students seem to like these meals and it's less work for the cooks!

### DON'T:

- Sweat the small stuff. You're cooking for a very appreciative group of students, not running a restaurant.
- Try to outdo the Jones Family. Make the meals which you do the best for your own family. The students are sure to love them as well.
- Think you have to make everything from scratch. Side dishes from a box are devoured with the same appreciation as all those vegetables you're worrying about peeling, slicing or dicing.
- Be afraid of making the same meal multiple times. You may think the students might get bored but in reality they may only get that particular meal just one time per month if you sign up monthly to serve.



# MINISTERING THROUGH MEALS

A Volunteer Guide for  
Preparing Meals for Students of  
Lutheran Campus Ministry  
at  
University Lutheran Church  
[www.ulctempe.org](http://www.ulctempe.org)

## John 21:17

Jesus said to him,  
"Feed my sheep".

## **Student Meals Q/A**

There is a lot of freedom in the preparation and serving of student meals. You are invited to discover a method that works best for you. Listed below in Q & A format are some of the most frequently asked questions regarding student meals.

### **How many should I expect to feed?**

This varies from semester to semester. In addition, most semesters Wednesday meals are more heavily attended than Sunday meals. On occasion there are student activities (retreats/fund-raising, etc) away from our community and attendance will be lower. Generally 20-25 students is a good average, but it is best to speak with Pastor or the Campus Ministry Associate about a week prior to meal preparation.

### **Do I prepare the meal at church or home?**

Either is fine. Your preference.

### **Do I need to set up tables or clean-up?**

No, students generally set up and will do major clean-up. You may want to take your pots, dishes, etc. home right away and may want to do that yourself, but cleaning counters, taking out trash, setting up tables, etc. is a student responsibility.

### **Do I need to provide table service?**

No, some of our cooks like to provide these things and that is just fine. We have plenty of plates and flatware. If you are making something that will be served in a bowl, it is best to make sure we have enough bowls on hand.

### **Do students expect desert with every meal?**

No. They do appreciate it when it is served, but they never complain when desert is not provided. Dessert also does not have to be elaborate either.

### **Do I need to provide a beverage?**

No. Again, some cooks do provide a beverage and that is appreciated. We do generally have iced tea or lemonade on hand. Students will make that if you do not provide a beverage.

### **Can I simply leave the food and have someone else set it out and serve it?**

Yes! Just leave instructions with Pastor or the Campus Ministry Associate, especially if it needs to be heated or watched in any way. We will put left-overs in the refrigerator for you to pick up at a later time, if there are any!

### **May I eat with the students?**

Absolutely! They love it when cooks sit down and share a meal with them.

### **Are there any dietary restrictions?**

On occasion we will have a few students with allergies, some who are vegetarians or vegans. Ask Pastor or the Campus Ministry Associate whether specific students have special needs. We tend to keep peanut butter and jelly on hand for the vegetarians.

### **I am unable to cook for so many. Can I provide money to pay for a meal?**

Yes! Normally about \$65-75.00 will cover the food. We can order something out or have students prepare the meal. Any amount for food costs is welcome.

### **Are there any days when attendance is lighter and less food needed?**

Yes. Weekends of retreats or fund-raising, Wednesdays and Sundays surrounding holidays, etc. can be attended more lightly. Those dates are generally marked on the sign-up sheet on the Moving bulletin board.

### **How can I reserve my date?**

Sign up on the sheet on the moving bulletin board, or call the church office (480.967.3543).

### **What kind of food is best?**

Students like basic food. Their tastes are generally simple and undemanding. The food they like best is food prepared with love. They easily sense when this is so.

### **What else do I need to know?**

Cooking at home requires some thought and advance preparation.

1. Walk through the serving process in your mind. Does the church kitchen have all the necessary serving tools/plates to serve the meal or are any special serving items required? If not, plan to bring it from home. For example, cutting boards, knives to carve, tongs, etc.
2. Meals that are stews, or are soupy require care in transporting them to the church. We suggest putting the pots/pans in a towel lined box of some kind and ensuring the box won't slide around in the trunk or back seat of your vehicle. It's very hard to get chili out of the trunk or from the floor of your vehicle.