|  |
| --- |
| **Falcon Menu** |
| **Fri. Snack**  | English Muffin Pizzas, Water  |
|  |
| **Sat. Breakfast**  | Cheesy Sausage Potatoes, Bananas, Milk (1/2 gallon)  |
| **Sat. Lunch**  | Cheesy Chili Dogs and Corn in Foil, Grapes, Gatorade (drink mix from the trailer)  |
| **Sat. Dinner**  | Chicken & Sausage Jambalaya, Oranges (1 per person), Water  |
| **Sat. Dessert**  | Apple Blueberry Crisp  |
|  |
| **Sun. Breakfast**  | Bacon and Hominy Scramble, Apples (1 per person), Water  |

|  |
| --- |
| **English Muffin Pizzas** |
| English MuffinsPizza Sauce | PepperoniShredded MozzarellaOther toppings (Optional) |
| Split English muffins and spread margarine on split site.   Place split side down in bottom of Dutch oven.  Top with pizza sauce, 4 slices of pepperoni, shredded mozzarella [and/or other toppings, as desired.]  Place equal heat on bottom and top of oven for approx. 5 minutes, until cheese melts and pizzas are warmed.  Note:  by placing split-buttered side down you can apply more heat to the bottom and reduce your cooking time significantly  |

|  |
| --- |
| **Cheesy Sausage Potatoes** |
| 5 Lbs Potatoes, Peeled and Sliced2 Lbs Bulk Sausage | 2 (Medium) Onions, Chopped16 Ounces Shredded Cheddar Cheese |
| In one Dutch oven, cover potatoes with water and bring to a boil.  Reduce heat and simmer about 10 minutes until tender.  Drain.  In second Dutch oven, brown sausage with onion.  Drain if needed.  Sprinkle sausage over potatoes, toss gently.  Sprinkle cheese on top.  Place coals on top for about 5-10 minutes to melt the cheese.    |

|  |
| --- |
| **Cheesy Chili Dogs and Corn in Foil** |
| 3 Cans Spicy Chili Beans10 Hot Dogs3 (Medium) Onions, Sliced and Separated into Rings | 5 Ears Fresh Sweet Corn10 Slices American Cheese10 Sheets (18x12-inch) Aluminum Foil |
| Spoon 1/4 can of beans onto each foil. Top with onion rings, 1 cheese slice, 1 hot dog and ½ ear of corn. Wrap and heat 10-15 minutes per side, turning often. |

|  |
| --- |
| **Chicken & Sausage Jambalaya** |
| 1 Tbsp Canola Oil2 Lbs Boneless Chicken, cubed1 Lb smoked sausage, cut into 3/4" - 1" pieces1 (Large) White Onion, Chopped - Approx 2-cups1 (Large) Green Bell Pepper, Chopped - Approx 1.5-cups1 Cup Celery, Chopped3 Garlic Cloves, Minced 2 Bay Leaves | 1 Tbsp Creole Seasoning1 Tsp Dried Thyme1 Tsp Dried Oregano2 Cups Uncooked converted rice3 Cups Chicken Broth2 Cans (14 oz) diced fire-roasted tomatoesSliced scallions - Optional |
| Heat oil in a 12" deep dutch oven over medium-high heat.  Add Chicken and sausage, and cook, stirring constantly, until browned on all sides,  8 to 10 minutes.  Remove with slotted spoon into a bowl lined with paper towels; blot with paper towels.Add onion, bell pepper, celery, garlic, bay leaves, Creole seasoning, thyme, and oregano to hot drippings;  cook over medium-high until vegetables are tender, 5 to 7 minutes.  Stir in rice, and cook until fragrant, about 3 minutes.  Stir in chicken broth, tomatoes, chicken, and sausage.  bring to a boil over high.  Cover, reduce heat to medium and simmer, stirring occasionally, until rice is tender, about 20 minutes.  Garnish with sliced scallions if desired. |

|  |
| --- |
| **Apple Blueberry Crisp** |
| 4 Cups tart apples, sliced peeled2 Cups blueberries1/4 Cup packed brown sugar | 1/4 Cup orange juice concentrate2 Tablespoons Flour1 Tsp cinnamon |

1 Cup old fashioned oats
1/2 Cup packed brown sugar
2 Tablespoons flour
1/2 Tsp ground cinnamon
1/3 Cup cold butter, cubed
Combine first six ingredients in Dutch oven.  In a bowl combine dry topping ingredients and cut in butter into squares until mixture is crumbly.  Sprinkle over the fruit.  Bake 35-40 minutes until topping is golden and fruit is tender.

|  |
| --- |
| **Bacon and Hominy Scramble** |
| 1 Lb Bacon40 Ounces Yellow Hominy12 Eggs | 1 Tsp Salt2 Cups Shredded Cheddar Cheese1 Dash Black Pepper |
| Cook the bacon in a Dutch oven until crisp. Remove bacon and drain all but 2 tablespoons of bacon grease.  Drain the cans of hominy and add to the bacon drippings.  Fry over medium heat until hominy is lightly brown.  Beat together the eggs, salt, and pepper.  Add to hominy and cook, stirring frequently, until eggs are done.  Stir in bacon.  Add shredded cheese on top and place lid on oven until melted. |

**Food List (For Recipe Ingredients)**

|  |  |
| --- | --- |
| 2 Cans 14 oz diced fire-roasted tomatoes10 Sheets 18x12-inch Aluminum Foil10 Slices American Cheese1 Lb Bacon2 Bay Leaves1 Dash Black Pepper2 Cups blueberries2 Lbs Boneless Chicken2 Lbs Bulk Sausage1 Tbsp Canola Oil1 Cup Celery3 Cups Chicken Broth1 Tsp cinnamon1/3 Cup cold butter1 Tbsp Creole Seasoning1 Tsp Dried Oregano1 Tsp Dried Thyme12 EggsEnglish Muffins2 Tablespoons flour2 Tablespoons Flour5 Ears Fresh Sweet Corn3 Garlic Cloves1/2 Tsp ground cinnamon | 10 Hot Dogs1 Large Green Bell Pepper1 Large White Onion5 Medium Onions1 Cup old fashioned oats1/4 Cup orange juice concentrateOther toppings (Optional)3/4 Cup packed brown sugarPepperoniPizza Sauce5 Lbs Potatoes1 Tsp Salt16 Ounces Shredded Cheddar Cheese2 Cups Shredded Cheddar CheeseShredded MozzarellaSliced scallions1 Lb smoked sausage3 Cans Spicy Chili Beans4 Cups tart apples2 Cups Uncooked converted rice40 Ounces Yellow Hominy |

**Other Ingredients and Items**

|  |  |
| --- | --- |
| **Breakfast Items**1x Apples (1 per person)1x Bananas**Lunch Items**1x Gatorade (drink mix from the trailer)1x Grapes**Dinner Items**1x Oranges (1 per person)1x Water | **Breakfast Drinks**1x Milk (1/2 gallon)1x Water**Snack Drinks**1x Water |