|  |  |
| --- | --- |
| **Eagle Menu** | |
| **Fri. Snack** | BBQ ham sandwiches, chocolate milk |
|  | |
| **Sat. Breakfast** | Sausage, Egg, and Cheese Muffins, orange juice |
| **Sat. Dinner** | One Pot Chicken Alfredo, water |
| **Sat. Dessert** | Lemon-Orange Cake |
|  | |
| **Sun. Breakfast** | Breaded Spam , orange juice |

|  |  |
| --- | --- |
| **BBQ ham sandwiches** | |
| 1 Lb (per 5 people) Chipped Ham 1 Bottle BBQ Sauce | 5 Hamburger Buns |
| Separate ham slices and drop into Dutch oven.  Add BBQ sauce and heat through. | |

|  |  |
| --- | --- |
| **Sausage, Egg, and Cheese Muffins** | |
| 2 (per Person) Sausage Patties 2 (per Person) English Muffins | 2 (per Person) Eggs 2 (per Person) Salt & Pepper 2 (per Person) Cheese Slices |
| Cook sausage patties on one part of the griddle.  Toast English muffins on another part.  Spray egg ring and spot where you will cook eggs with cooking spray.  Crack one egg into ring and tap yolk with spatula to break.  Lightly salt and pepper.  As soon as egg is set,   carefully remove ring and start another.  Eggs will be the slow part of this.  Assemble sandwich with muffin, sausage, slice of cheese and egg. | |

|  |  |
| --- | --- |
| **One Pot Chicken Alfredo** | |
| 2 Tablespoons Olive oil 4 Chicken breasts, cubed 6 Cloves Garlic, Minced 2 Cans (14-oz) chicken broth | 2 Cups Heavy Cream 1 Lb (Box) Penne Pasta - Uncooked 1 Lb Frozen Peas - Optional 3 Cups grated Parmesan Parsley - For Garnish (optional) |
| In the pot or Dutch oven, heat the oil and brown the chicken.  Add garlic, and saute for about a minute.  Add broth, cream and pasta, and bring to a boil.  Cover and reduce heat to a simmer for 20 minutes.  After 10 minutes add the peas and continue cooking as before.  Turn off heat and stir in Parmesan cheese.  Top with parsley if desired. | |

|  |  |
| --- | --- |
| **Lemon-Orange Cake** | |
| 1 lemon cake mix 1 Box (3.4-oz) Vanilla INSTANT pudding mix | 4 Eggs 1/2 Cup oil 1 Cup water |

2 Teaspoons melted butter  
1/2 Cup orange juice  
3 Cups powdered sugar

Spray 12” Dutch oven with cooking spray.  Mix cake ingredients in bowl.  Pour into prepared Dutch oven.  Bake with 10 coals on bottom and 14 on top for 30-35 minutes. Check with toothpick.  Allow cake to cool.

Mix glaze ingredients until smooth. Punch holes in top of COOLED cake using the handle of a wooden spoon.  Pour glaze over top.  Let sit 10-15 minutes before serving.

|  |  |
| --- | --- |
| **Breaded Spam** | |
| Corn Meal | Spam |
| Place corn meal in shallow plate.  Slice spam thin and bread with corn meal.  Fry on well greased griddle over medium heat until brown. | |

**Food List (For Recipe Ingredients)**

|  |  |
| --- | --- |
| 2 Cans 14-oz chicken broth 1 Box 3.4-oz Vanilla INSTANT pudding mix 1 Bottle BBQ Sauce 1 Lb Box Penne Pasta 4 Chicken breasts, cubed 6 Cloves Garlic Corn Meal 4 Eggs 1 Lb Frozen Peas 3 Cups grated Parmesan 5 Hamburger Buns 2 Cups Heavy Cream 1 lemon cake mix 2 Teaspoons melted butter 1/2 Cup oil 2 Tablespoons Olive oil | 1/2 Cup orange juice Parsley 1 Lb per 5 people Chipped Ham 2 per Person Cheese Slices 2 per Person Eggs 2 per Person English Muffins 2 per Person Salt & Pepper 2 per Person Sausage Patties 3 Cups powdered sugar Spam 1 Cup water |

**Other Ingredients and Items**

|  |
| --- |
| **Breakfast Drinks** 2x orange juice  **Dinner Drinks** 1x water  **Snack Drinks** 1x chocolate milk |