

Sample Menu 2

Soft-Food, No-Spice Meal

A soft-food, no-spice meal designed for guests who have difficulty chewing. Two entrées are scaled to 90 servings each (180 combined), with hard or crunchy textures replaced throughout.

Salisbury Steak with Brown Gravy

Tender ground beef patties simmered in savory gravy — soft enough to cut with a fork.

Yield: 90 servings

Ingredients

28 lb ground beef (85/15)	2 lb yellow onion, finely diced
3 cup plain breadcrumbs	8 large eggs
1 cup milk	2 tbsp salt
1 tbsp black pepper	4 l beef broth
2 cup all-purpose flour	1 cup unsalted butter
1/4 cup Worcestershire sauce	1 tbsp salt (for gravy)

Instructions

- Mix the patties.** Combine ground beef, onion, breadcrumbs, eggs, milk, salt, and pepper until just combined. Form into small, uniform patties (about 5 oz each).
- Sear patties.** Sear patties in batches until browned on both sides (do not need to be cooked through yet).
- Build the gravy.** Melt butter, whisk in flour to form a roux, then slowly whisk in beef broth. Add Worcestershire sauce and salt. Simmer until thickened.
- Simmer until tender.** Add seared patties to the gravy and simmer gently until fully cooked and fork-tender.
- Hold for service.** Keep patties submerged in gravy in hot-holding at 140°F or above until serving.

Note: Two entrées (Salisbury Steak and Shredded Chicken) are scaled to 90 servings each — 180 combined portions for 150 guests — since some guests may take both proteins. Ground beef and long simmering keep this naturally soft and easy to chew; seasoning is savory, not spicy.

Slow-Cooked Shredded Chicken in Gravy

Chicken thighs simmered until fall-apart tender, shredded, and served in a light gravy.

Yield: 90 servings

Ingredients

28 lb boneless, skinless chicken thighs	3 l chicken broth
1/2 cup unsalted butter	1 1/2 cup all-purpose flour
2 tbsp onion powder	2 tbsp garlic powder
2 tbsp salt	1 tbsp black pepper

Instructions

- Slow cook the chicken.** Cook chicken thighs with broth, onion powder, garlic powder, salt, and pepper on low until chicken shreds easily with a fork.
- Shred.** Remove chicken and shred into small, soft pieces. Reserve the cooking liquid.

- 3. Thicken the gravy.** Melt butter, whisk in flour to form a roux, then slowly whisk in reserved cooking liquid. Simmer until thickened.
- 4. Combine and hold.** Fold shredded chicken back into the gravy. Keep in hot-holding at 140°F or above until serving.
- Note:** Shredding removes any tough bites entirely. Seasoning is mild and savory — no chili, pepper flakes, or hot sauce.

Buttery Mashed Potatoes (Instant)

Smooth mashed potatoes made from dehydrated potato flakes — no peeling or boiling whole potatoes required.

Yield: 150 servings

Ingredients

5 lb dehydrated potato flakes	7 l water
4 l whole milk	2 lb butter
4 tbsp salt	

Instructions

- 1. Heat the liquid.** Heat water, milk, butter, and salt together until steaming and butter is melted (does not need to boil).
- 2. Stir in the flakes.** Remove from heat and stir in potato flakes until fully combined and smooth.
- 3. Rest and fluff.** Let sit a few minutes to fully absorb, then fluff until light and creamy.
- 4. Hold for service.** Keep in hot-holding at 140°F or above until serving.

Note: Much faster and simpler for volunteer groups — no peeling, cutting, or boiling potatoes. Flakes reconstitute to a naturally smooth, soft texture that's easy to chew.

Buttered Canned Carrots

Buttered canned carrots — already soft, no peeling or chopping needed.

Yield: 150 servings

Ingredients

6 large (#10) cans sliced carrots, drained	1 lb butter
1 cup brown sugar	1 tbsp salt

Instructions

- 1. Drain the carrots.** Drain canned carrots well.
- 2. Warm and season.** Warm carrots with butter, brown sugar, and salt until heated through and evenly coated.
- 3. Hold for service.** Keep in hot-holding at 140°F or above until serving.

Note: Canned carrots are already fully soft, so this is a warm-and-season step only — no cooking time needed for tenderness. Taste before adding salt, since canned carrots are often already salted.

Creamy Macaroni Salad

A soft, smooth macaroni salad with no crunchy mix-ins like raw celery or onion.

Yield: 150 servings

Ingredients

8 lb elbow macaroni, cooked soft	2 l mayonnaise
2 cup sweet pickle relish	1/2 cup yellow mustard
1/2 cup sugar	2 tbsp salt
24 hard-boiled eggs, finely chopped	

Instructions

- 1. **Cook pasta soft.** Boil macaroni a bit past al dente, until fully soft. Drain and cool completely.
- 2. **Make the dressing.** Whisk together mayonnaise, relish, mustard, sugar, and salt.
- 3. **Combine and chill.** Fold dressing and chopped eggs into the cooled pasta. Chill thoroughly.
- 4. **Hold cold.** Keep at 40°F or below until serving.

Note: Raw celery, onion, and bell pepper are left out to avoid crunchy bites — this version stays completely soft.

Fresh Soft Fruit Salad

A fresh fruit salad using only naturally soft, easy-to-chew fruits — no crunchy or fibrous pieces.

Yield: 150 servings

Ingredients

15 lb cantaloupe, peeled and small-diced	15 lb honeydew melon, peeled and small-diced
10 lb seedless grapes, halved	10 lb ripe bananas, sliced
10 lb ripe peaches, peeled and small-diced	1 cup fresh lime juice
1 cup honey	

Instructions

- 1. **Prep the fruit.** Dice cantaloupe, honeydew, and peaches into small, bite-sized pieces. Halve grapes and slice bananas.
- 2. **Toss with lime and honey.** Toss all fruit gently with lime juice and honey to add sweetness and help prevent browning.
- 3. **Chill.** Chill thoroughly before serving.
- 4. **Hold cold.** Keep at 40°F or below until serving. Prepare bananas as close to service time as practical.

Note: Stick to soft, ripe fruit only — no apples, pineapple, or unripe fruit. Grapes should always be halved, as whole grapes are a choking hazard. Bananas and peaches should be fully ripe (soft to the touch).

Moist Yellow Cake with Vanilla Frosting

A soft, moist sheet cake cut into small easy-to-manage pieces.

Yield: 150 servings

Ingredients

6 boxes yellow cake mix	18 large eggs
3 cup vegetable oil	4 1/2 cup water
2 lb butter, softened	8 lb powdered sugar
1 cup milk	2 tbsp vanilla extract

Instructions

- 1. **Mix cake batter.** Combine cake mix, eggs, oil, and water according to package directions, mixing until smooth.
- 2. **Bake.** Pour into greased sheet pans and bake until a toothpick comes out clean, about 30 minutes.
- 3. **Cool completely.** Let cakes cool fully before frosting.
- 4. **Make frosting.** Beat butter until fluffy, then gradually add powdered sugar, milk, and vanilla, beating until smooth.
- 5. **Frost and cut.** Spread frosting evenly over cooled cake. Cut into small, easy-to-manage squares.

Note: A moist, tender cake crumb is gentler to chew than crisp cookies. Avoid nuts, toffee bits, or crunchy sprinkles as toppings.