

CAPO CROSS COUNTRY FALL 2011 CARBO LOAD DINNER CHECK LIST

- The paper goods (plates, cups, napkins, forks, knives, etc.) will be delivered to the first Host a few days before dinner #1. These supplies need to be picked up from the first Host by the second Host a few days before dinner #2. And each Host from then on will do the same.
- We need to cater to approximately 154 athletes. It is always better to have a little too much. Don't panic - not all 154 will show up!
- Dinners start promptly at 6.00 p.m. and end at 7.00 p.m. Buffet style.
- Host family provides about 15 lbs of spaghetti. One tray should be meatless, the balance with meat sauce. The pasta (either spaghetti or penne – up to you) can be cooked earlier in the day or even the day before, and then stored in zip locks with a little olive oil to keep it from sticking. Heat in aluminum trays before the dinner and add the sauces right before the dinner starts. Or just have noodles prepared and 2 crock pots of sauce!
- 2nd Main dish – lasagna. About 2 frozen/fresh trays. These should be baked ahead of time and delivered to the Host family hot, cut into single portions (squares) and ready to serve. One main dish should be vegetarian.
- 3rd Main dish – see above
- Salad. 2 large bagged salads at from Costco work great. Enough to fill 2 large aluminum tray. Dressing to be on the side to toss when ready to serve. (Ranch and Italian is fine) EACH PERSON
- Bread. About 10 loaves of garlic bread. Bread should be sliced, buttered and warmed when delivered to the host family. EACH PERSON
- Dessert. Needs to be simple, finger food, i.e. cookies. About 6 boxes of cookies from Costco, and a tray of brownies should be enough. You are welcome to make something too! EACH PERSON
- Drinks. Gallon containers – 2 lemonade, 2 Gatorade, 2 Minute Maid juice. Two cases of bottled water, or you can bring 2 large water jugs – up to you. Cups are provided.