Looking for a plan for meal prep? Check out these meal ideas, designed to be collaborative and manageable for 4–6 volunteers.

1. Taco Bar Night

- Seasoned ground beef and/or shredded chicken
- Black beans or refried beans
- Rice (Mexican-style or cilantro-lime)
- Tortillas (soft shell is easiest)
- Toppings: shredded cheese, lettuce, cilantro, onions, tomatoes, sour cream, salsa, guacamole
- Dessert

2. Baked Pasta Buffet

- Baked ziti or lasagna. Or: cooked pasta with 2 sauce options (one tomato, one Alfredo) and diced chicken to add in.
- Garlic bread or breadsticks
- Green salad with two dressing options
- Optional side: steamed broccoli or roasted vegetables
- Dessert

3. Soup + Bread Night

- Three types of soup (e.g., chili and a creamy potato or veggie soup)
- Bread: cornbread, rolls, or regular sliced bread
- Simple green salad and two dressings
- Toppings: shredded cheese, sour cream, green onions, croutons
- Dessert

4. Baked Potato + Toppings Bar

- Large baked potatoes or sweet potatoes
- Toppings: chili, cheese, broccoli, sour cream, butter, bacon bits, green onions
- Side salad or coleslaw
- Dessert

5. BBQ Sandwiches + Sides

- Pulled pork or shredded BBQ chicken
- Buns and condiments (mustard, pickle slices)
- Coleslaw or green salad
- Macaroni & cheese or baked beans
- Dessert

6. Stir-Fry + Rice Bowls

- Stir-fried chicken or beef with vegetables
- White or brown rice (or noodles as an alternative)
- Soy sauce, teriyaki, and sriracha
- Optional toppings: sesame seeds, chopped scallions, pineapple
- Dessert

7. Breakfast-for-Dinner

- Scrambled eggs or egg casserole
- Pancakes or waffles with syrup and toppings (fruit, whipped cream)
- Sausage links or bacon
- Fruit salad or yogurt parfaits
- Muffins or mini pastries

8. Build-Your-Own Sandwich Bar

- Sliced meats (turkey, ham, roast beef), cheeses, and condiments
- Bread: sandwich rolls, sliced bread, wraps
- Toppings: lettuce, tomato, pickles, onions, mustard, mayo
- Side salad or pasta salad
- Chips or pretzels
- Dessert