

2023 Breakfast Menus with Recipes

Monday	Egg, Potato and Cheese Casserole
Tuesday	Biscuits and choice of white gravy or chipped beef gravy
Wednesday	French Toast Bread Pudding
Thursday	Roasted Vegetable Strata
Friday	Ready-to-Serve Breakfast Sandwiches
Saturday	Hash Brown Egg Bake
Sunday	Continental Breakfast (bagels, oatmeal, cereals, whole fruit, leftovers...)

Breakfast Recipe Notes

Notes:

- All recipes are written to serve 8-10 people, and we need to have enough to serve up to 30. Volunteers should double the recipe for each. The plan is to have four batches of each item.
- We need to keep the recipes consistent throughout each meal so as to avoid perception that some guests received different/better choices than others
- While some recipes have pork we always try to have an alternative provided (for example – when a breakfast casserole contains sausage, another one without sausage should be provided)
- Recipes are intentionally somewhat under seasoned – many guests need lower sodium options and prefer less spicy food. Salt, pepper, and hot sauce will be provided on the tables.
- Breakfast will consist of daily regular items such as bagels, cereal, oatmeal, orange juice, toast, and coffee – plus hot entrée item as listed.

MONDAY MORNING

Egg, Cheese, and Potato Bake

(Serves 8)

Ingredients

- 1 medium onion, finely chopped
- 2 tablespoons butter
- 4 teaspoons all-purpose flour
- 1 ½ cups milk
- 8 ounces sharp cheddar cheese, shredded (2 cups)
- 3 pounds russet potatoes, peeled and thinly sliced*
- 1 ½ cups chopped fresh broccoli
- 1 tablespoon vegetable oil
- 8 eggs
- 2 tablespoons milk
- 1 large tomato, chopped

Directions

- Preheat oven to 325 degrees F. In a medium saucepan cook onion in butter over medium heat for 4 minutes or until tender, stirring occasionally. Stir in flour, 1/2 tsp. salt, and 1/2 tsp. ground black pepper. Stir in milk; cook and stir until slightly thickened and bubbly. Stir in cheese until melted.

- In a 3-quart baking dish, layer potatoes, then cheese sauce. Bake, covered, about 55 minutes, until potatoes are tender.

In a large skillet, cook broccoli in hot oil over medium heat for 5 minutes, until nearly tender, stirring frequently. In a large bowl, **beat together eggs**, water, 1/2 tsp. salt, and 1/4 tsp. ground black pepper. Pour over broccoli in skillet. Cook over medium heat, without stirring, until mixture begins to set on bottom and around edges. Using a spatula, lift and fold partially cooked egg so uncooked portion

flows underneath. Cook 2 minutes more or until egg is cooked yet still moist. Spoon over potatoes. Top with bacon and chopped tomato.

TUESDAY MORNING

Biscuits and Gravy

Buttermilk Biscuits

Alternatively – purchase canned or frozen biscuits

(Makes about 8 biscuits)

- 2 cups all purpose flour
- 4 tsp. baking powder
- ¼ tsp. baking soda
- ¾ tsp. salt
- 1 tsp. sugar
- ½ cup butter (1 stick)
- 1 cup buttermilk

1. For best results, you should chill all the ingredients before starting. Preheat the oven to 450 degrees. Sift the dry ingredients together. Using a dough scraper or dough cutter, cut the butter into the flour mixture and continue to chop it until all the pieces of butter are smaller than pea size. Work quickly so the butter doesn't warm up. Make a well in the center and pour in the buttermilk. With your hands and the scraper, scoop and form the mixture into loose dough. It will be sticky, but that's ok. Do not knead it or overwork it, as this will cause your biscuits to be tough (it develops gluten, a type of protein). Gently form the dough into a ball, working all the loose pieces together.
2. Roll the dough out to about ¾ of an inch thickness. Use the top of a glass or a cookie cutter (floured) to cut out the biscuits. Don't twist it; just push it. Place the biscuits close together (not touching) on an ungreased baking sheet. Cook for about 10-12 minutes until they are a light brown. You can brush the tops with milk or butter before baking for a shiny top.

Chipped Beef Gravy

(Makes about 1 ½ cups)

- 2 TBSN. Butter
- 2 TBSP. all purpose flour
- 1 cup milk
- salt and pepper

1. Melt butter in a saucepan. Whisk flour into the butter and cook over low heat for 5 minutes. Remove pan from heat and whisk in milk a little at a time.
2. Return to medium-high heat and stir occasionally while the gravy comes to a simmer and thickens. Check seasoning and serve over toast or biscuits.

Note – purchase chipped beef gravy – or add chipped beef to the above recipe.

White Gravy

(Makes about 1 ½ cups)

- 2 TBSN. Butter
- 2 TBSP. all purpose flour
- 1 cup milk
- salt and pepper

1. Melt butter in a saucepan. Whisk flour into the butter and cook over low heat for 5 minutes. Remove pan from heat and whisk in milk a little at a time.
2. Return to medium-high heat and stir occasionally while the gravy comes to a simmer and thickens. Check seasoning and serve over toast or biscuits.

WEDNESDAY MORNING

French Toast Bread Pudding

(Serves 8)

Ingredients

1 challah (or other egg bread) loaf, sliced 3/4 inch thick
8 extra-large eggs
5 cups half-and-half or milk
3 tablespoons honey
1 tablespoon grated orange zest
1 teaspoon pure vanilla extract
1/4 teaspoon kosher salt
Confectioners' sugar and pure maple syrup, for serving

Directions

Preheat the oven to 350 degrees.

Arrange the bread in two layers in a 9 by 13 by 2-inch baking dish, cutting the bread to fit the dish. Set aside.

In a large bowl, whisk together the eggs, half-and-half, honey, orange zest, vanilla, and salt. Pour the mixture over the bread and press the bread down. Allow to soak for 10 minutes.

Place the baking dish in a larger roasting pan and add enough very hot tap water to the roasting pan to come an inch up the side of the baking dish. Cover the roasting pan tightly with aluminum foil, tenting it so the foil doesn't touch the pudding. Make two slashes in the foil to allow steam to escape. Bake for 45 minutes, remove the aluminum foil, and bake for another 40 to 45 minutes, until the pudding puffs up and the custard is set. Remove from the oven and cool slightly.

THURSDAY MORNING

Roasted Vegetable Frittata

(Serves 8)

- 2 TBSP. olive oil
- 1 red onion, chopped
- 8 button mushrooms, quartered
- 8 baby fingerling or red new potatoes, sliced
- 6 broccoli florets, trimmed
- 8 grape tomatoes
- 6 spears asparagus, wooden ends removed & cut into thirds
- 9 eggs
- 6 TBSP. milk
- salt and freshly cracked pepper, to taste
- 4 slices Swiss cheese, diced

1. Preheat the oven to 400 degrees. Line a baking sheet with tinfoil then coat with cooking spray.
2. Boil the sliced potatoes in a pot of water for 5 minutes. Drain and let cool.
3. Place the sliced potatoes, onion, mushrooms, and broccoli on the prepared baking sheet. Place into the oven and roast for 15 minutes; add the asparagus and tomatoes then continue to roast for 10 minutes. Remove from the oven and reduce oven temperature to 350 degrees.
4. Place some of the roasted veggies into the bottom of the baking pan; next add a bit of the Swiss cheese. Combine the eggs with the milk then season with salt and freshly cracked pepper, to taste. Whisk the eggs until they are mixed thoroughly. Pour the egg mixture into the pan then add the remaining roasted veggie mixture and Swiss cheese to the top.
5. Place into the oven and bake at 350 degrees for 25-30 minutes, or until a tester inserted in the center comes out clean. Let the frittata cool for a few minutes before slicing and serving.

FRIDAY MORNING

BREAKFAST SANDWICHES FROM STORE

Must provide a variety of 35 sandwiches to include egg and cheese and egg, cheese and a breakfast meat (bacon, sausage, turkey sausage, ham)

Examples of breakfast sandwiches from the store/ready to serve:

<https://www.jimmydean.com/products/sandwiches/>

SATURDAY MORNING

Hash Brown Egg Bake

(SERVES 8)

Ingredients

1 package (30 ounces) frozen cubed hash brown potatoes, thawed

1 pound bacon strips, cooked and crumbled

1 cup (4 ounces) shredded cheddar cheese, *divided*

1/4 to 1/2 teaspoon salt

8 eggs

2 cups milk

Paprika

Directions

1. In a large bowl, combine the hash browns, bacon, 1/2 cup cheese and salt. Spoon into a greased 13-in. x 9-in. baking dish. In another large bowl, beat eggs and milk until blended; pour over hash brown mixture. Sprinkle with paprika.

2. Bake, uncovered, at 350° for 45-50 minutes or until a knife inserted near

the center comes out clean. Sprinkle with remaining cheese. **Yield:** 8 servings.

Note: Make one or two batches without bacon and label them – for vegetarian and/or pork avoidance.

SUNDAY MORNING

Leftovers and Continental Breakfast (bagels, oatmeal, cereals, whole fruit)