

CG FAMILY MEAL

WEEKLY TIPS AND IDEAS

Sharing a meal together regularly is an important piece to Community Group (CG) life. It is through the meal that we have an opportunity to bless one another and live out our identity as a family and it is over the meal that we have the opportunity to encourage one another toward Jesus and his mission. In fact, Jesus himself did a large majority of his ministry, discipleship, and mission over meals. Meals are significant, and when they are done well they can significantly affect the life and mission of a CG. We have found that CGs with great weekly meals are usually growing healthy.

CG MEAL TIPS

- Depending on the group, it usually works best to have whoever is hosting provide drinks and still sign up for something. (Water & Country time lemonade mix is cheap and works great)
- Try and get the meal sign up out to everyone 4-5 days prior to the event so they have time to plan, can get their supplies on their grocery store trip, and so you can fill in the gaps or ask for extra help if no one has signed up.
- Bring your best stuff, and other people tend to follow suit! It makes the meal so much better when everyone puts effort into it!
- Be aware of meetings that you will have new people, or guests who you don't expect to bring a dish...make your people aware so everyone can pitch in a little extra! We would never want a guest to feel like there isn't enough food for them!
- Be conscientious of allergies and sensitivities when you decide which meals to plan for your group (ex. Don't do a PBJ sandwich night if someone in your CG is allergic to peanuts)

CG MEAL IDEAS

These meals have been set up for CGs with 12-15 adults and 5-6 kids, you will need to adapt the amount of dishes to your particular CG. Below are meal ideas and a list of the items people can sign up to bring.

Mexican Night

This can be a general theme, I'll list a few other more specific ways to do Mexican

- Main Dish
- Main Dish
- Tortilla Chips
- Queso
- Guacamole
- Rice & Beans
- Dessert
- Drinks

Taco Night

Build your own soft or crispy tacos

- Seasoned ground beef (2 lbs)
- Shredded Chicken (2 lbs)
- Black Beans & Shredded Cheese
- Small tortillas & Taco Shells (30 tortillas, 12 crispy tacos)
- Shredded lettuce, diced tomatoes (1 head of lettuce, 2 tomatoes)
- Queso & Salsa
- Guacamole (2 containers)
- Tortilla Chips (2-3 bags)
- Dessert
- Drinks



Taco Salad Night

This is basically Tacos but in salad form

- Seasoned ground beef (2 lbs)
- Seasoned ground beef (2lbs)
- Fritos and/or tortilla chips (4 bags total)
- Shredded lettuce, diced tomatoes, sour cream (3 heads of lettuce, 2 tomatoes 10-15 oz of sour cream)
- Shredded cheese (2 lbs)
- Guacamole (1-2 pints)
- Queso
- Rice & Black Beans(optional)
- Dessert
- Drinks

Sandwich Night

Sandwiches can be boring, but add a few extra toppings and a panini grill and it can be a favorite!

- Sandwich bread (2 loaves of wheat bread, add in a loaf of white if you have lots of kids)
- Turkey (1-1 1/2 lbs)
- Ham (1- 1 1/2 lbs not usually as popular as turkey, so you may want to double turkey instead)
- If you have lots of picky kids you might want to throw in a jar of peanut butter! Sliced Cheese (20 slices)
- Mayo, Mustard (sometimes the host has plenty to share, so check with them before you make it a sign up)
- Lettuce, Sliced Tomatoes, Sliced onions(1 head of lettuce, 2 tomatoes, 1/2 onion)
- Sliced Avocados (5 avocados sliced)
- Assorted Chips(3 bags)
- Fresh Fruit Salad (if you need something healthy)
- Dessert
- Drinks



Brinner Night

Everyone's favorite! Breakfast for dinner!

- Egg Main Dish
- Egg Main Dish
- Bread or Pastry Item (this allows for people to do muffins, cinnamon rolls, pastries, donuts, etc.)
- Waffles or Pancakes
- Fresh Fruit (People usually just bring a big bowl and it works out great)
- Bacon (1 lb)
- Breakfast Sausage (1 lb)
- Orange Juice & Apple Juice

Italian Night

This is just a broad category, we will do a few other specific themes as well

- Main Dish (9X13 dish)
- Main Dish (9×13 dish)
- Green or Caesar Salad (Just list the number of people you think will have and most people can wing it)
- French Bread/Italian Bread (1 loaf will generally feed 10-15 people)
- Dessert
- Drinks

Pizza Night

Mention that they can either pick up a pizza or bring a homemade one! This is a good theme when everyone has been busy and needs a break!

- Large Pizza



FAMILY MEAL IDEAS

- Caesar Salad
- Dessert
- Drinks

Pasta Night

This can be a little tricky to keep the noodles in good shape, but it's basically like a pasta bar!

- Spaghetti noodles (2 lbs)
- Penne Noodles (2 lbs)
- Any other noodle option you want (2 lbs)
- Spaghetti/Meat Sauce
- Alfredo Sauce
- Caesar Salad
- French Bread (1 loaf)
- Dessert
- Drinks

Grilled Cheese Night

Comfort food at it's finest! You can also throw in a soup to switch it up!

- Sliced Sandwich bread(3 loaves bread)
- 20 Slices of a certain cheese (cheddar)
- 20 slices of a different cheese (provolone or anything! they are good with several different cheeses)
- Sliced Avocados (5 avocados)
- Sliced tomatoes (2 tomatoes)
- Bacon (1-2 pounds)
- Dessert
- Drinks



Cobb Salad Night

Build your own salad!

- Head of romaine lettuce, washed and in salad sized bites (6-8 heads of romaine)
- hard boiled eggs, diced, bacon pieces, diced tomatoes (10 eggs, 1 lb of bacon, crumbled, 2 tomatoes)
- Sliced avocados (5-6 avocados)
- Bleu cheese crumbles, feta cheese crumbles
- Grilled chicken breast, diced, can be cold (4 breasts)
- Bleu Cheese dressing, Ranch Dressing
- Dessert
- Drinks
- Kraft Dinner or PBJ for kids

Appetizer Night

This is a great one for people to get creative! Just remember that people love finger foods so have plenty of options and encourage people to make a decent amount. I usually just list off the number of appetizers we need and ask for them to reply with what they are bringing so not everyone shows up with a crockpot of queso.

- Appetizer dish
- Dessert
- Drinks



Southern BBQ Night

This can be an expensive one since meat is expensive, so don't do it too often!

- 2-3 lbs of BBQ chicken
- 2 lbs of sausage
- 1-2 lbs brisket or chopped beef
- 1-2 Dishes of pulled pork
- Potato Salad
- Baked Beans
- Corn or Creamed Corn
- Dessert
- Drinks

Choose your own adventure Night

Bring your favorite thing to cook!

- Main Dish
- Main Dish
- Side Dish
- Side Dish
- Side Dish
- Bread or Dinner Rolls
- Dessert
- Drinks

Soup/Stew Night

Great for the few cold nights we have!

- Soup Option #1
- Soup Option #2
- Soup Option #3
- Bakery Style Bread and Crackers



FAMILY MEAL IDEAS

- Assorted cheeses
- Charcuterie platter
- Dessert
- Drinks

Chili Night

I mean who doesn't love a good Chili cook off?

- 1 mild Pot of chili
- 1 spicy Pot of chili
- 3 bags of nacho chips, sour cream
- 2-3 bags of shredded cheese
- Dessert
- Drinks

Baked Potato Bar Night

This is a easy one as long as you know someone (easiest for host) to bake all the potatoes

- 18 baked potatoes(You can bake them and keep them in a cooler and they will stay hot!)
- 2 lbs shredded beef or pulled pork
- Sour cream, Shredded Cheese (16 oz sour cream, 2 lbs Cheese)
- Bacon pieces & Chopped Green onions
- Tub of Butter
- Dessert
- Drinks

Easter Dinner Night

Doesn't have to be Easter!

- Sliced Ham
- Sliced Ham
- Sliced Ham
- Green Bean Casserole



FAMILY MEAL IDEAS

- Deviled Eggs
- Mashed Potatoes
- Creamed Corn
- Dinner Rolls
- Dessert
- Drinks

Thanksgiving Dinner Night

Doesn't have to be Thanksgiving!

- 1 whole large Turkey
- Green Bean Casserole
- Sweet Potato Casserole
- Mashed Potatoes
- Cranberry Sauce
- Dinner Rolls
- Creamed Corn
- Pumpkin Pie with whipped cream
- Apple Pie with vanilla ice cream
- Drinks

Asian Food Night

These dishes take some effort, but people can always do take out!

- Lemon or Sweet and Sour Chicken
- Shanghai Noodles or Chow Mein
- Sweet and Sour Pork
- Ginger Beef
- Fried Rice
- Egg rolls
- Spring rolls
- Dessert
- Drinks



Comfort Food Night

Whatever you think is comfort food, bring it!

- Main Dish
- Main Dish
- Side Dish
- Side Dish
- Bread
- Drinks
- Dessert

Burgers & Dogs Night

Great for a summer night with not much of an agenda because grilling does take more time!

- 10-12 hamburger patties
- 10-12 hamburger patties
- 24 hot dogs
- 24 hot dog buns & 24 hamburger buns
- 20 slices of cheese, Mustard, Ketchup, Mayo
- 1 head of lettuce, 2 sliced tomatoes, 1 sliced onion
- 3-4 bags of chips
- Dessert
- Drinks

Indian Food Night

These dishes take some effort, but people can always do take out!

- Butter Chicken
- White Rice
- Tandoori Chicken
- Curry Rice
- Dahl Soup



FAMILY MEAL IDEAS

- Samosas
- Naan Bread
- Dessert
- Drinks

Thai Food Night

These dishes take some effort, but people can always do take out!

- Pad Thai
- Rice
- Red Thai Curry
- Green Thai Curry
- Yellow Thai Curry
- Thai Peanut Sauce
- Thai Basil Shrimp
- Spring Rolls
- Dessert
- Drinks

