



DOMINICAN REPUBLIC TEAM CASAS MEAL PLAN

Details

- All meals in the Dominican are included in the total trip cost with one exception.
- Friday lunch at the beach not included (~\$20)
- Three meals/day + drinks
- Prepared by local Dominican workers
- Reusable water bottle not included

Breakfast often throughout the week includes eggs, bread, Dominican sausage, pancakes, banana bread, fruit, etc.

Lunch is eaten out on the build site. Every morning each team member makes a sandwich, grabs a bag of chips and a piece of fruit of the day and packs it in a cooler so the Casas missionary and team leader can decide when it is a good time to stop for lunch.

Dinner is a little bit more fun because your group has the opportunity to eat Dominican style food. Our cooks make rice, chicken, yuca, salads, spaghetti, tacos, fruit, etc.

Sample Menu

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Hot chocolate Bread Coffee	Pancakes Bacon Fruit Coffee	Cereal Milk Fruit Coffee	Oatmeal Raisins Fruit Coffee	Eggs Sausage Toast Coffee	Bread Hot chocolate Fruit Coffee	Pancakes Salami Fruit Coffee
Lunch	Baked chicken	Sandwich	Sandwich	Sandwich	Sandwich	Buy lunch at the beach	Sandwich
Dinner	Mashed potatoes Pork chops	Rice Green beans Fried chicken Salad	Yuca (similar to a potato) Fresh cheese Sautéed onion Fruit	Spaghetti Fried greens Fruit	Tacos Fruit	Black beans & rice Stewed chicken Potato salad Fruit	Hot dogs Chips Fruit

We will do our best to accommodate any food allergies. Please email scheduling@casasporcristo.org to inform us of your food allergies 30 days prior to your trip. If you have a gluten allergy, you will need to bring your own bread substitute as gluten free bread and corn tortillas are nearly impossible to find in the Dominican.