



## JUÁREZ MEAL PLAN 2019

### Meal Plan Details

- \$25/person/day
- Three meals/day
- 15 person minimum
- Prepared by local Mexican workers
- Includes: water, ice, trash bags, coolers, utensils, plates, napkins, toilet paper, etc.
- Reusable water bottle and snacks not included

### Sample Menu

- Breakfast: cereal, fruit, eggs, ham, refried beans with cheese, egg & sausage burritos, bread & butter, pancakes & sausage, quesadillas with ham & beans, coffee, juice, milk (delivered to your accommodations).
- Lunch: sandwiches (lunchmeat or PB&J), fruit, snacks, chips, water, Gatorade (delivered to your accommodations in a cooler with your breakfast items). Please let us know if peanut butter should be removed from your team's menu for allergy reasons!
- Dinner: hot meal (delivered to your accommodations). Examples: taquitos & rice, discada (fried beef & pork & bacon) tacos, chicken fajitas & salad, fried chicken & salad, horchata (sweet rice water drink), pineapple water, watermelon water, etc..

### Casas Will Provide

- Two igloo coolers
- One lunch cooler per work site
- A crate that will contain
  - Wipes (one package per work site)
  - Hand sanitizer (one per work site)
  - Trash bags
  - Three bottles of hand soap
- Toilet paper
- Paper towels

### Please Return

- Soap dispensers
- CLEAN Igloo drink coolers
- CLEAN Lunch coolers
- Leftover unused toilet paper
- Leftover unused paper towels
- Any leftover unused items

*We will do our best to accommodate any food allergies. We are NOT able to prepare vegan meals, but we can provide vegetarian alternatives. We are able to accommodate gluten intolerance, lactose intolerance, nut allergies, seafood allergies, etc. Please email [scheduling@casasporcristo.org](mailto:scheduling@casasporcristo.org) to inform us of your food allergies no later than 30 days prior to your trip.*