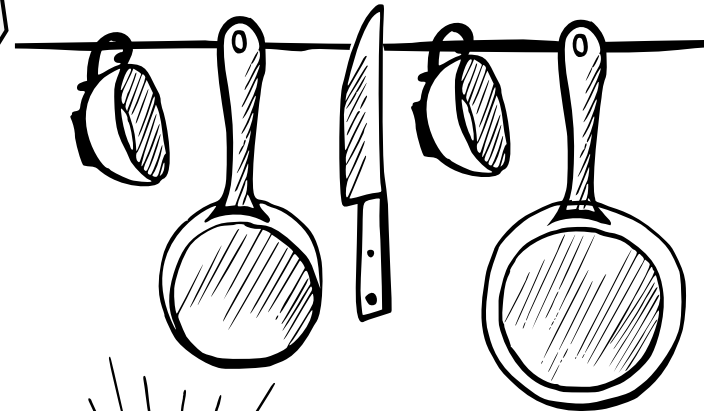
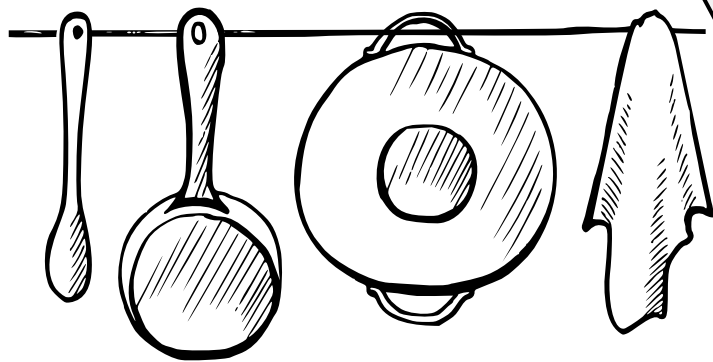




HOW MUCH FOOD?

Use this helpful guide to plan your next dinner or holiday party!



SNACKS AND STARTERS

SOUPS AND SALADS

MAIN MEALS

6 pieces/bites per person per hour (before a meal)

12 pieces/bites per person (as a meal)

1 oz. per person for appetizers not served in pieces (such as cheeses).

1 cup soup per person (for starter course)

2 cups soup per person (as a main meal)

1 cup salad per person (for starter course)

2.5 cups salad per person (as a main meal)

8 oz. protein per person

1 cup each side/starch/grain per person

1 ½ dinner rolls per person

DESSERTS AND SWEETS

DRINKS

Cookies and Squares: 3 pieces per person

Cake/Pie: 1 piece per person

Ice Cream: 2/3 cup per person

Candy: 1/2 cup per person

Creamy Sweets (pudding, mousse, etc.): ¾ cup per person

Alcoholic Drinks: 1 ¼ cups per person

Nonalcoholic Drinks: 2 ½ cups per person

