

Salad & Dressing

Each volunteer needs to bring the attached quantity.

Salad includes (do not buy frozen packets):

3 heads of lettuce (to be cut in 1 inch cube shape)
1 small red cabbage (shredded in the processor)
1 lbs of carrots shredded (many have may trouble eating big pieces so please take time to shred the carrots)
4 - 5 tomatoes diced into small pieces
3 cucumbers diced into small pieces
3 green bell pepper diced into small pieces
Optional: Celery, Cauliflower

Total salad quantity - 10lbs each person

Dressing:

Italian 1 bottle 32oz or 48oz from Walmart. Do NOT buy ranch or any other kind of dressing. (Vinegar only - Italian dressing)



Important Instructions:

1. Dice the vegetables and keep them in separate zip-lock bags (large 1 gallon bags). **Do not mix them.**
2. If you want to buy pre-cut lettuce, you need 2 bags of 5 lbs each (You will find it at Sams).
3. Buy firm tomatoes as it will be easy to cut.
4. You may use a food processor to shred the vegetables. But please ensure proper size.
5. Do NOT premix the dressing with the salad.