THE HUNGER GAMES

PARTY FOOD · 12 RECIPES

Recipe Cards + Photo Menu Free Printable

From the districts to the Capitol, cooked at home.



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How to use

Print the recipe cards on white cardstock and cut them out: one dish per card, with FSJ's own photo, ingredients and steps. Prop the photo menu by the buffet so tributes know what's cooking.

Inside · 9 pages

1	Cover
2–7	12 recipe cards, 6 × 4 in
8	Photo menu poster
9	Shopping list + prep plan

Recipes from our post "Hunger Games Party Food: 12 Recipes to Feed Your Tributes." US Letter.

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Print at 100% on white US Letter cardstock. Cut on the dashed lines: each card is 6 × 4 in.



fresh from the bakery

RECIPE 01 / 12

Peeta's District 12 Bread

A rustic loaf straight from Peeta's bakery.

INGREDIENTS

- 3 cups whole wheat flour
- 1½ cups warm water
- 1 tbsp active dry yeast
- 1 tbsp honey
- 1 tsp salt
- 1 tbsp olive oil

METHOD

1. Mix yeast and honey in warm water; let sit 5 minutes until foamy.
2. Combine flour and salt, add the yeast mixture and oil. Knead for 10 minutes.
3. Let rise 1 hour, shape into a loaf, bake at 375°F (190°C) for 30–35 minutes. Serve with butter.

DISTRICT 12

MY NOTES



Peeta's Provisions

RECIPE 02 / 12

Peeta Bread Sandwiches

Peeta's bread, reimagined.

INGREDIENTS

- 1 loaf Peeta's District 12 Bread (or rye)
- ½ lb sliced turkey or ham
- 4 oz cheddar, sliced
- 2 tbsp mustard
- 1 cup arugula

METHOD

1. Slice the bread thickly.
2. Layer with mustard, turkey, cheese and arugula.
3. Serve as minis, labeled "Peeta's Provisions."

DISTRICT 12

MY NOTES

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RECIPE 03 / 12

Katniss's Wild Berries

Simple and sweet, a nod to Katniss's foraging.

INGREDIENTS

- 2 cups mixed berries (strawberries, raspberries, blackberries)
- 2 tbsp honey
- 1 sprig fresh mint (optional)

METHOD

1. Rinse the berries and pat dry.
2. Drizzle with honey and toss gently.
3. Serve in a wooden bowl with mint, labeled "Picked by Katniss."

MY NOTES

DISTRICT 12



RECIPE 04 / 12

Capitol Lamb Stew with Plums

Katniss's favorite Capitol dish.

INGREDIENTS

- 1 lb lamb shoulder, cubed
- 1 cup dried plums (prunes)
- 2 carrots, sliced
- 1 onion, chopped
- 2 potatoes, diced
- 4 cups beef broth
- 1 tsp thyme
- Salt and pepper to taste

METHOD

1. Brown the lamb in a pot; add the onion and cook until soft.
2. Stir in carrots, potatoes, plums, broth and thyme. Simmer 1–2 hours.
3. Serve in mugs with a rustic spoon.

MY NOTES

THE CAPITOL

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Prim's Pride

RECIPE 05 / 12

Prim's Goat Cheese Crackers

Inspired by Prim's goat, Lady.

INGREDIENTS

- 4 oz goat cheese, softened
- 1 sleeve saltine crackers (about 30)
- 2 tbsp honey
- 1 tsp fresh rosemary, chopped

METHOD

1. Spread goat cheese on the crackers.
2. Drizzle with honey, sprinkle with rosemary.
3. Arrange on a platter, labeled "Prim's Pride."

DISTRICT 12

MY NOTES



Capitol sparkle

RECIPE 06 / 12

Capitol Citrus Salad

A vibrant Capitol starter.

INGREDIENTS

- 2 oranges, peeled and segmented
- 1 grapefruit, peeled and segmented
- 1 cup pomegranate seeds
- 2 tbsp olive oil
- 1 tbsp honey
- Pinch of sea salt

METHOD

1. Toss the citrus and pomegranate seeds.
2. Whisk oil, honey and salt; drizzle over the salad.
3. Serve chilled in a fancy bowl.

THE CAPITOL

MY NOTES

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Rue's Harvest

RECIPE 07 / 12

Rue's Roasted Roots

A District 11 tribute to Rue.

INGREDIENTS

- 2 sweet potatoes, cubed
- 2 parsnips, sliced
- 2 carrots, sliced
- 3 tbsp olive oil
- 1 tsp rosemary
- Salt and pepper to taste

METHOD

1. Preheat oven to 400°F (200°C). Toss the veggies with oil, rosemary, salt and pepper.
2. Roast 25–30 minutes, flipping halfway.
3. Serve warm, labeled "Rue's Harvest."

DISTRICT 11

MY NOTES



Capitol glitz

RECIPE 08 / 12

Capitol Glitter Cupcakes

Decadent Capitol sweets.

INGREDIENTS

- 1 box vanilla cake mix (plus eggs, oil, water per box)
- 1 cup buttercream frosting
- Food coloring (neon shades)
- Edible gold glitter
- 12 candy pearls

METHOD

1. Bake the cupcakes; cool completely.
2. Tint the frosting, pipe onto the cupcakes, dust with glitter, top with pearls.
3. Display on a gold stand.

THE CAPITOL

MY NOTES

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Gale's Hunt

RECIPE 09 / 12

Gale's Game Skewers

Protein-packed hunter's fare.

INGREDIENTS

- 1 lb chicken breast, cubed
- 1 red bell pepper, chopped
- 1 zucchini, sliced
- 2 tbsp olive oil
- 1 tsp garlic powder
- Salt and pepper

METHOD

1. Thread chicken and veggies onto skewers, brush with oil, season.
2. Grill or bake at 375°F (190°C) for 20 minutes.
3. Serve hot, labeled "Gale's Hunt."

DISTRICT 12

MY NOTES



Finnick's Catch

RECIPE 10 / 12

Finnick's Fish Bites

District 4's coastal snack.

INGREDIENTS

- 1 lb cod or tilapia, bite-sized
- 1 cup breadcrumbs
- 1 egg, beaten
- 2 tbsp lemon juice
- 1 tsp Old Bay seasoning
- Oil for frying

METHOD

1. Dip the fish in egg, coat with seasoned breadcrumbs.
2. Fry 3–4 minutes until golden; drizzle with lemon.
3. Serve with tartar sauce.

DISTRICT 4

MY NOTES

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Mockingjay Fuel

RECIPE 11 / 12

Mockingjay Energy Bars

Fuel for rebels.

INGREDIENTS

- 2 cups rolled oats
- 1 cup peanut butter
- ½ cup honey
- ½ cup dried cranberries
- ¼ cup sunflower seeds

METHOD

1. Mix the ingredients until sticky.
2. Press into a pan, chill 1 hour, cut into bars.
3. Wrap in parchment, labeled “Mockingjay Fuel.”

DISTRICT 13

MY NOTES



Haymitch’s Stash

RECIPE 12 / 12

Haymitch’s Whiskey Nuts

A boozy, spicy nod to Haymitch’s grit.

INGREDIENTS

- 2 cups mixed nuts (almonds, cashews, peanuts)
- 2 tbsp whiskey (or juice)
- 1 tbsp brown sugar
- 1 tsp smoked paprika
- ½ tsp salt
- 1 tbsp butter, melted

METHOD

1. Preheat oven to 350°F (175°C). Mix whiskey, sugar, paprika, salt and butter.
2. Toss the nuts in the mixture, spread on a baking sheet. Bake 10–15 minutes, stirring once.
3. Cool; serve labeled “Haymitch’s Stash.”

DISTRICT 12

MY NOTES

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A Taste of Panem

DISTRICT FARE · CAPITOL TREATS



Peeta's bread



Picked by Katniss



Rue's Harvest



Finnick's Catch



Capitol lamb stew



Capitol glitz

FROM THE DISTRICTS

Peeta's District 12 Bread	D12
Peeta Bread Sandwiches	D12
Katniss's Wild Berries	D12
Prim's Goat Cheese Crackers	D12
Rue's Roasted Roots	D11
Gale's Game Skewers	D12
Finnick's Fish Bites	D4
Mockingjay Energy Bars	D13
Haymitch's Whiskey Nuts	D12

FROM THE CAPITOL

Capitol Lamb Stew with Plums	CAPITOL
Capitol Citrus Salad	CAPITOL
Capitol Glitter Cupcakes	CAPITOL

Help yourself, tributes!
Recipes on the cards.

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Shopping List + Prep Plan

ALL 12 RECIPES · ONE TRIP TO MARKET

PRODUCE

- [ ] Carrots, 4 — 04·07
- [ ] Sweet potatoes, 2 — 07
- [ ] Parsnips, 2 — 07
- [ ] Potatoes, 2 — 04
- [ ] Onion, 1 — 04
- [ ] Red bell pepper, 1 — 09
- [ ] Zucchini, 1 — 09
- [ ] Arugula, 1 cup — 02
- [ ] Mixed berries, 2 cups — 03
- [ ] Oranges, 2 — 06
- [ ] Grapefruit, 1 — 06
- [ ] Pomegranate seeds, 1 cup — 06
- [ ] Lemon juice, 2 tbsp — 10
- [ ] Fresh rosemary, 2 tsp — 05·07
- [ ] Fresh mint, 1 sprig (optional) — 03

MEAT & FISH

- [ ] Lamb shoulder, 1 lb — 04
- [ ] Chicken breast, 1 lb — 09
- [ ] Cod or tilapia, 1 lb — 10
- [ ] Sliced turkey or ham, ½ lb — 02

DAIRY & EGGS

- [ ] Goat cheese, 4 oz — 05
- [ ] Cheddar, 4 oz — 02
- [ ] Butter (+ extra to serve) — 01·12
- [ ] Eggs, 1 + per cake box — 08·10
- [ ] Buttercream frosting, 1 cup — 08

SPICES

- [ ] Salt, sea salt + pepper — ALL
- [ ] Thyme, 1 tsp — 04
- [ ] Garlic powder, 1 tsp — 09
- [ ] Old Bay seasoning, 1 tsp — 10
- [ ] Smoked paprika, 1 tsp — 12

SAUCES & EXTRAS

- [ ] Beef broth, 4 cups — 04
- [ ] Mustard, 2 tbsp — 02
- [ ] Tartar sauce — 10
- [ ] Whiskey, 2 tbsp (or juice) — 12
- [ ] Rye loaf (if not baking) — 02

PANTRY

- [ ] Whole wheat flour, 3 cups — 01
- [ ] Active dry yeast, 1 tbsp — 01
- [ ] Honey, ¾ cup + 2 tbsp — 01·03·05·06·11
- [ ] Olive oil, ½ cup — 01·06·07·09
- [ ] Oil for frying + cake mix — 08·10
- [ ] Dried plums (prunes), 1 cup — 04
- [ ] Saltine crackers, 1 sleeve — 05
- [ ] Breadcrumbs, 1 cup — 10
- [ ] Rolled oats, 2 cups — 11
- [ ] Peanut butter, 1 cup — 11
- [ ] Dried cranberries, ½ cup — 11
- [ ] Sunflower seeds, ¼ cup — 11
- [ ] Mixed nuts, 2 cups — 12
- [ ] Vanilla cake mix, 1 box — 08
- [ ] Brown sugar, 1 tbsp — 12

CAPITOL SPARKLE

- [ ] Food coloring (neon shades) — 08
- [ ] Edible gold glitter — 08
- [ ] Candy pearls, 12 — 08

Prep plan

MAKE AHEAD

Our post's tip: prep these early.

04 Lamb stew
simmers 1–2 hours

01 District 12 bread
rises 1 hour, bakes 30–35 min

12 Whiskey nuts
bake 10–15 min, then cool

11 Energy bars
chill 1 hour, cut, wrap

PARTY MORNING

Bake, chill and rinse.

08 Glitter cupcakes
cool completely before frosting

06 Citrus salad
serve chilled

03 Wild berries
rinse and pat dry

LAST HOUR

Assemble and cook to serve.

02 Sandwiches
assemble last-minute

05 Goat cheese crackers
assemble last-minute

07 Roasted roots
25–30 min, serve warm

09 Game skewers
20 min, serve hot

10 Fish bites
fry 3–4 min, until golden

Numbers = recipe cards. From our post: bulk buy nuts, berries and crackers; thrift serving dishes. Swap whiskey for juice, meat for tofu as needed.

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