



Ronald McDonald House Morgantown: Meal Suggestions

Things to Consider:

- ♥ Would you like some ideas on what to plan for your meal? While spaghetti and tacos are easy to prepare, they are served frequently at the House. Check this list of suggestions that have worked well in the past. You may use any of the following ideas or feel free to prepare something you don't see on the list.
- ♥ Please provide a complete meal for our families with sides and a main course. Do you have a recipe that has been in your family for generations or are you known for a signature dish? We'd love for you to share it with us! Check out the ideas below for meal inspirations!
- ♥ Please notify our Volunteer Coordinator when you decide on your menu (ideally one week or more in advance to avoid providing a duplicate dinner).
- ♥ Our most popular meals served to our guests are spaghetti with red sauce and a taco bar. If you would like to sign up to prepare either of these meals, please reach out to the Volunteer Coordinator to make sure this meal is not already being served.
- ♥ Please consider a lunch or dinner that does not consist of breakfast items. We request this because breakfast items are served frequently throughout the week at breakfast time.
- ♥ Please keep in mind that lunch and dinner menus can be used for either lunch or dinner.
- ♥ There are no food restrictions. Ingredients do not need to be displayed, however, be prepared to verbally offer a list of ingredients in case of food sensitivities/allergies. Providing a vegetarian option is not required but is much appreciated due to the many cultures at the Charity.

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| BREAKFAST | Pancakes French Toast Breakfast Casseroles Eggs Breakfast Meats | Breakfast Pastries/Breads Waffles Quiche Breakfast Potatoes Corned Beef Hash | Fruit Smoothies Yogurt/Cottage Cheese Breakfast Sandwiches/Wraps Huevos Rancheros | |
| <p align="center"><i>**Cereal is provided on our breakfast bar but boxes of cereal are always a welcome donation. **Coffee is provided at RMH but coffee creamer is always a welcome donation</i></p> | | | | |
| LUNCH | Pierogis Soup and Salad Bar Grilled Cheese and Soup Pizza's/Flatbreads (ordered locally or prepared in house) Meatball Subs | Hot Dog and Hamburger Bar Baked Potato Bar Chili/Chili Bar Macaroni and Cheese Tater Tot Casserole Hot Sandwiches or Sliders Panini's | Appetizer Bar Sloppy Joe's Taquitos Enchiladas Cheese Steaks Sandwich Bar Chicken Fingers | |
| DINNER | Rotisserie Chicken or Fried Chicken (from the grocery store) Cooked Ham (store bought) Stir Fry Ravioli/Tortellini/Manicotti Shepard's Pie Grilled or Baked Chicken Pork Chops Pigs in a Blanket Pot Pie Meatloaf Pigs in a Blanket | Pot Pie Meatloaf Chicken Casseroles Tuna Casserole Goulash Fettuccini Alfredo Stuffed Shells Beef Stew Beef Tips and Gravy Barbeque Chicken Lasagna Fajitas | Chicken Marsala Chicken Parmesan Chicken Piccata Sweet & Sour Chicken Stuffed Chicken Breast Swedish Meatballs Turkey Dinner Roast Beef Dinner Corned Beef & Cabbage Stuffed Peppers Gyros | |
| SIDES | Veggies Fruit Salad Rice Noodles Bread/Rolls Baked Potato Bar Mashed Potatoes Oven Roasted Potatoes Pierogis Baked French Fries | Pasta Salad Potato Salad Sautéed potatoes Corn Casserole Corn on the Cob Sweet Potatoes Squash Au Gratin Potatoes Cornbread French Fries Stuffing | DESSERT | Angel Food Cake Brownies Fudge Ice Cream Cookies Pies S'mores Cake Cheesecake |