



# Ronald McDonald House Charities of Northeast Kansas

## Meal Maker's Program Guidelines

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We all enjoy coming home to a freshly prepared meal and our families are no different. After spending a long day at their child's bedside, preparing a meal is one of the last things on their minds, as they are under considerable stress and don't always think to eat. This is why we encourage volunteer groups to prepare an evening meal and take one less worry away from our families.

We invite groups to come to the Ronald McDonald House and prepare a comforting home cooked evening meal for our families. Dinner groups purchase the food, then prepare and serve it in our well equipped kitchen by 6:30 pm. Due to food safety concerns, we request that all food be prepared in a licensed food establishment, a commercial kitchen, or on-site in our kitchen. We are unable to accept food that is prepped or cooked in your home based on a Global Ronald McDonald House Charities policy.

Dinner groups should be no larger than 10 people – if your group is larger than 10 please request a second date to accommodate everyone who wants to help. Groups with children under the age of 18 must be accompanied by one adult for every four children. Please make sure all participants in the meal preparation process are healthy to avoid spreading of illness.

Please bring all ingredients you will need to prepare your meal. Packaged goods from the store in unopened containers and whole fruits/vegetables are acceptable to use. You do not need to provide tableware, flatware, etc. We have those items in our kitchen cabinets. We have most items needed to prepare and serve your meal – pots, pans, baking dishes, crockpots, cookie sheets, etc. Please check the refrigerator for open bottles of salad dressings and other condiments before opening any that you bring. A brief kitchen orientation or review will be conducted by a staff member or volunteer before you begin.

Your group is responsible for rinsing and placing any dishes used in meal preparation in the dishwasher. It is helpful if members from your group will wipe down all tables, chairs, countertops, and the microwave oven, if used. Please place your recyclable paper, aluminum, plastics, and cardboard in the appropriate bins. Please store and label/date any remaining food in plastic containers provided by the House at the end of your meal, and be sure to check out with the Relief Manager on duty before you depart.

Please understand that families are in and out of the House all day long. You may not see many of our guests while you are here but know that the food you prepare will be eaten and enjoyed!

**Cancellation Policy:** In order to meet the needs of our families, we request at least 48 hours' notice for cancellation.

**Questions?** Please call the Ronald McDonald House Manager at (785) 235-6852. Thank you for helping to make our House a “home away from home” for guest families!

Thank you for volunteering for the Meal Maker's Program at the “House that Love Built” and for helping keep families close to their sick children.

# Menu Ideas

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As a general guideline, please consider providing the following menu items:

- ♥ Main dish
- ♥ Starch, if not included in the main dish
- ♥ Fresh green salad or vegetable salad and/or vegetable
- ♥ Fresh fruit
- ♥ Bread/rolls with butter
- ♥ Dessert

## Entrées

♥ Chicken ♥ turkey ♥ pork ♥ beef ♥ casseroles ♥ chili, soup, or stew ♥ salad, pasta, or potato bar ♥ ribs ♥ roasts ♥ hamburgers/hot dogs ♥ tacos or enchiladas ♥ sandwich bar ♥ pizza ♥ lasagna ♥ stir fry ♥

## Side Dishes

♥ Green salads with assorted dressings ♥ vegetable salads: potato, pea, coleslaw, bean, pasta salad ♥ fruit: fresh, canned, salads, applesauce ♥ potatoes: mashed, scalloped, French fried, or in casseroles ♥ rice: brown, wild, or flavored ♥ pasta: macaroni and cheese, fettuccine or spaghetti, ravioli ♥ vegetables: raw, cooked, steamed, grilled, cheese covered, sautéed, stir fried, or in casseroles ♥ beans and peas: barbecued beans, ranch-style beans, black beans, navy beans, pinto beans, black-eyed peas, or green peas ♥

## Breads and Rolls

♥ White or wheat sliced bread ♥ hamburger/hot dog buns ♥ bake and serve dinner rolls ♥ hoagie or submarine buns ♥ muffins ♥ croissants ♥ cornbread ♥ potato rolls ♥ biscuits ♥ garlic bread ♥ Italian or French bread ♥ corn or flour tortillas ♥ pita bread ♥ focaccia ♥ bagels ♥ muffins ♥ cinnamon rolls ♥

## Condiments

♥ Assorted jellies ♥ butter ♥ honey ♥ ketchup ♥ mayonnaise ♥ mustard ♥ BBQ sauce ♥ pepper ♥ salt ♥ salad dressing ♥ soy sauce ♥ steak sauce ♥ sugar ♥ sugar substitute ♥ syrup ♥ Tabasco sauce ♥ bacon bits ♥ cheddar cheese, shredded ♥ chives ♥ crushed red pepper ♥ guacamole ♥ onions, diced or sliced ♥ parmesan cheese, grated or shredded ♥ salsa ♥ sour cream ♥

## Desserts

♥ Cheesecake ♥ carrot cake ♥ fruit cobbler ♥ ice cream ♥ cookies ♥ brownies ♥ assorted cakes or pies ♥ fresh fruit ♥ yogurt parfaits ♥ fruit pizza ♥ cupcakes ♥ root beer floats ♥ pudding ♥

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