

Because healing



RONALD MCDONALD
HOUSE CHARITIES®
CENTRAL OHIO

happens together.

— MEAL PROGRAM *suggestions* —

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

- main dish with both a meat and vegetarian entrée
- starch, if not included in the main dish
- fresh green salad or vegetable salad and/or vegetable
- fresh fruit
- bread/rolls with butter
- dessert

ENTRÉE IDEAS

- chicken
- turkey
- pork
- beef
- casseroles
- chili
- soups/stews
- salad
- pasta
- potato bar
- ribs
- roasts
- hamburgers
- hot dogs
- grilled items
- Italian-inspired
- Mexican-inspired
- Asian-inspired

SIDE DISH IDEAS

- green salads with assorted dressings
- vegetable salads: potato, pea, coleslaw, bean, pasta salad
- fruit: fresh, canned, salads, applesauce
- potatoes: mashed, scalloped, French fries
- rice: brown, wild, flavored
- pasta: macaroni & cheese, fettuccine or spaghetti, ravioli
- vegetables: raw, cooked, steamed, grilled, cheese-covered, sautéed, stir-fried
- beans and peas: barbecued beans, ranch-style beans, black beans, navy beans, pinto beans,
- black-eyed peas, green peas, creamed peas
- breads and rolls: white or wheat sliced bread, bake & serve dinner rolls, croissants, corn bread, biscuits, garlic bread, Italian bread, french bread



BREAKFAST IDEAS

- casseroles
- eggs
- bacon or sausage
- pancakes
- bagels
- muffins
- fruit salad
- Danish pastries
- French toast

The following foods are not permitted at the Ronald McDonald House:

- non-pasteurized juice or milk products
- raw seed sprouts
- alcohol of any kind

Thank you!

Learn more about how **you** can support our mission:

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