



Ronald McDonald  
House Charities®  
Kentuckiana

## Meal Suggestions

Need some inspiration for your menu? Check out the ideas below!

### Entree Ideas

- Grilled or baked meat - chicken, beef, pork, fish
- Potato bar - bacon, pulled pork, cheese, sour cream, butter, etc.
- Pasta bar - one or two types of pasta with several different sauces and mix-ins
- Enchiladas with rice & beans
- Chicken pot pie
- Soup & sandwiches
- Ham & cheese sliders
- Beef tips with rice or pasta
- Meatball subs
- Meatloaf
- Sloppy joes
- Stir fry
- Cheeseburger sliders
- Chicken, tuna, and/or egg salad sandwiches
- Pulled pork, beef, or chicken
- Stuffed pasta shells
- Breakfast for dinner
- Lasagna

### Side Dish Ideas

When planning please consider providing a well-balanced meal that could include a starch and/or bread, salad, fresh fruit, or vegetables.

- Salad with assorted dressings - we suggest cutting the size of your salad in half
- Vegetable salad - potato, pea, coleslaw, bean, pasta, etc.
- Mixed fresh fruit salad is always a hit!
- Potatoes - so many options!
- Rice
- Macaroni & cheese
- Mixed steamed vegetables

We ask our Adopt-A-Meal groups to steer away from pasta and tacos since our families get those dishes frequently; however, if pasta is your specialty then please bring a side of protein like meatballs, chicken parmigiana, or sausage.

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