



**Ronald
McDonald
House**[®]

Pittsburgh
Morgantown

Ronald McDonald House: Morgantown

Meals from the Heart



- ♥ 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 with sides and a main course for families. 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!
- ♥ 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.

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

***Cereal is provided on the breakfast bar but boxes of cereal are always a welcome donation.
**Coffee is provided at RMH but coffee creamer is always a welcome donation*

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
Taqitos
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

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