



Meal Program

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Meal Program

Thank you for your interest in preparing a meal for the families staying at the Ronald McDonald Houses in Wichita. Our families truly appreciate your kindness and generosity. In order to maintain the high standards of our Meal Program, we offer a few preparation guidelines. Please contact me if you need additional information.

- All meals need to be scheduled in advance with Jamee Sholtz – 269-4182.
There are two locations: Midtown House at 1110 N Emporia, just north of St Francis Hospital and the Sleepy Hollow House at 520 N Rutan, just east of Wesley Medical Center.
- All meals/baked goods must be prepared in our kitchen or a commercial kitchen such as a restaurant or grocery store. The kitchens will accommodate 1-8 cooks.
- While preparing the meal you **must** be free of contagious illnesses (e.g. chicken pox, flu, colds, strep throat, etc.) Everyone preparing food should use good hygiene practices (i.e. washing hands thoroughly and often, hair pulled back etc.)
- Please bring your own ingredients that you will be using. You may check with Jamee to see if we have ingredients for your meal.
- Plan to prepare enough food to feed 20 people. It would be a good idea to check with Jamee 2-3 days in advance for a more accurate count of families staying with us the day you will be preparing the meal.
- The families welcome any meal...breakfast, lunch or dinner.
- There is no set time for dinner; however, the ideal time to have it prepared by is between 6pm and 6:30pm. Since our families have different schedules at the hospital, they don't always sit down at the same time to enjoy their meal. The House Manager will have the meal available throughout the evening for the families to warm up when they return from the hospital.
- Ronald McDonald House will supply:
 - Cookware
 - Serving Utensils
 - Plates
 - Flatware
 - Napkins
 - Beverages
- We ask that you fill out a Donor Form when you have prepared a meal. The House Manager will have a form for you.

Meal Ideas

Here is a list of meal ideas to get you started with our program. Please feel free to prepare any of your favorites that are not listed.

Ham and Scalloped Potatoes

Chili

Beef Stew

Egg Breakfast Casserole

Cheeseburger Macaroni

Beans and Rice

Shepherds Pie

Spaghetti

Chili with Cornbread

Stir Fry

BBQ Ribs

Breakfast for Dinner (pancakes, eggs, sausage, etc.)

Sloppy Joes

Casseroles

Pulled Pork Sandwiches

Chicken and Dumplings

Soup

Chicken and Rice

Lasagna

Pizza

Turkey or Ham Dinner

Hot Dogs & Hamburgers (grill available)

Enchiladas

Potato Bar

- Baked Potatoes
- Potato toppings (cheese sauce, chili, steamed broccoli or cauliflower, bacon, sour cream, butter, salsa, shredded cheese, etc.)

Nacho Bar

- Tortilla Chips
- Cheese sauce, refried beans, taco meat, salsa, sour cream, shredded cheese, lettuce, onions, peppers, tomatoes, etc.

Soup Bar

- Serve one or many different types of soups (crockpots provided)
- Breadsticks, tossed salad, and cookies complete the meal

Sandwich Bar

- Bread or rolls
- Deli meats, condiments, and cheese
- Add chips, fresh fruit or veggies with dip, and cookies for a complete meal

Make Your Own Pizza Bar

- Crusts
- Sauce
- Toppings (pepperoni, sausage, Canadian bacon, green peppers, onions, cheese, etc.)