Mission: The Ronald McDonald House of Rochester, Minnesota provides a home-away-from-home and caring support to families seeking medical care for their children. Our House Dinner program offers children and families staying at our House the comfort of a warm and delicious meal, prepared with love from our caring community.

MENU REQUIREMENTS

- The healthy balanced menu is up to your group; please check other dates for menus surrounding yours to avoid meal redundancy.
  - Required: Main dish, side dish, salad and/or vegetable
  - Optional: Fruit, bread/rolls, dessert, beverages

  ★ We have tap water and lemonade mix available onsite for use.
  ★ We have lots of spaghetti and taco nights at our House. If desired to do either option, please make it a pasta or taco bar with choices.
  ★ We have cookies available daily for families, if providing a dessert with dinner, please consider a fun and exciting alternative such as bars, brownies, pie, etc.
  ★ Groups are not required to offer vegetarian or other special dietary options, but are welcome to. Gluten-friendly items can be prepared, but we are not a gluten-free kitchen.

Be aware of common food allergies in the food served

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<th>Be aware of common food allergies</th>
<th>Do not serve</th>
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<tbody>
<tr>
<td>o Milk</td>
<td>o Unpasteurized milk &amp; juice</td>
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<td>o Eggs</td>
<td>o Cheese made from unpasteurized milk</td>
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<td>o Peanuts</td>
<td>o Raw sprouts (alfalfa, bean, or other)</td>
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<td>o Tree nuts (almonds, walnuts, pecans)</td>
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<td>o Soybeans</td>
<td>o Alcohol: prohibited from RMH grounds, including use of alcohol as an ingredient</td>
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<td>o Wheat</td>
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<td>o Fish</td>
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Per US Food & Drug Administration (FDA)

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Per US Department of Agriculture

MENU IDEAS

Main Course

- Pasta Bar: variety of noodles, sauces: marinara, Alfredo, cheese, pesto, meat-sauce; toppings: meatballs, grilled chicken, sausage, steamed veggies, parmesan cheese, crushed red pepper, basil, etc.
- Baked Potato Bar: variety of toppings—broccoli, bacon bits, sour cream, butter, cheese, nacho cheese, chives, green onions, chili, chopped steak, diced chicken, ham, pork, taco meat, onions, etc.
- Taco Bar: Hard shell, soft shells, chips, beef, chicken, rice, beans, salsa, sour cream, jalapenos, guacamole, tomatoes, onions, lettuce, cheese, nacho cheese, corn salsa, etc.
- Walking Tacos
- Burgers/veggie burgers/burger bar: additional toppings—cheese, pickles, tomato, onion, bacon, etc.
- Hot dogs/ hot dog bar: additional toppings—chili, cheese, ketchup, mustard, relish, etc.
- Grilled cheese and tomato soup
- Variety of soups / chili (include an option for kids like mac & cheese or chicken noodle)

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• Baked Sliders (mini sandwiches) in a variety of flavors (examples: ham & cheese, pizza, chicken-bacon-ranch or Italian turkey with pesto)
• Grilled/roasted/baked chicken
• Shepherd’s Pie/chicken pot pies/veggie pot pies
• Lasagnas (meat, vegetarian, alfredo, taco, pizza, etc.)
• Pulled meat sandwiches (BBQ/sauce option, additional topping options like pickles, etc.)
• Breakfast: egg bakes, pancakes, waffles, eggs, bacon, sausage, muffins, hash browns, breakfast hash, omelets
• Hot dish/casseroles: Pizza Casserole, Tater Tot hot dish, pasta bakes
• Sloppy Joes
• Ham / turkey
• Meat Loaf
• Hash (meat & potato)
• Soup & sandwich
• Chicken tenders/strips
• Barbecue tenders/chicken
• Enchiladas
• Roast beef
• Home Made Mac & Cheese
• Build your own Sub Sandwich
• Pot Roast
• Beef/lamb/chicken stew

• Stir Fry
• Pizza
• Fajitas
• Pasta Salad
• Curry & rice
• Paella
• Dumplings / pot stickers / gyoza
• Potato curry
• Fish / fish sticks / fish sandwiches
• Pita gyros / falafels
• Tagines / stews
• Swimming Rama
• Tuna melts / various melts

Sides
• Fries/potato wedges/Tater Tots
• Green Salad variation—variety of dressings, toppings
• Fruit / fruit salad
• Pasta salad
• Potato salad
• Veggies (roasted, steamed, raw, stir-fried, etc.)
• Hummus / dips with veggies / chips, etc.
• Rice
• Cheesy potatoes
• Chips
• Mashed / baked potatoes
• Stuffing
• Corn salad
• Coleslaw
• Beans
• Caesar salad
• Mozzarella sticks
• Cold salad (mayonnaise salads, etc.)
• Yogurt, granola, fresh fruit
• Fried rice
• 7-layer salad
• Bruschetta
• Caprese salad
• Quinoa
• Samosas
• Couscous

Breads
• Buns/dinner rolls
• Garlic bread
• Corn bread
• Breadsticks
• Cheese bread/sticks
• Pita bread
• Naan

Desserts
• Cookies
• Cake
• Ice Cream—Sundaes, root beer floats, muddy cows, etc.
• Brownies
• Cookie-brownies
• Jell-O
• Pudding
• Dirt cups
• Fruit & yogurt parfaits
• Bars (pumpkin, banana, strawberry rhubarb, lemon, rice krispy, special-k/scotcheroos)
• Fruit salad
• Snickers salad
• Banana bread/bars
• Cupcakes
• Muffins
• Cookie salad
• Fresh fruit
• Milk shakes / smoothies
• Baked apples
• Fruit pie
• Crescent roll apple dumpling