

Menu Ideas & Suggested Quantities for CFK Meals

Thank you for volunteering to provide a meal to the families served by Ronald McDonald House Charities, Upper Midwest! We appreciate your generosity.

Please find below general guidelines, menu ideas and suggested quantities. We hope you find this information helpful.

General Guidelines:

- All meals, snacks, baked goods, etc. donated to RMHC must be prepared and assembled in our on-site kitchens or at a licensed restaurant, catering service or kitchen.
- Food prepared at a licensed establishment must be delivered directly to the RMHC site where it will be served.
- Only packaged foods in unopened containers and whole fruits and vegetables may be used to prepare a meal.
- As a general guideline, please provide the following:
 - Main dish with both a meat and vegetarian option
 - Starch, if not included in the main dish
 - Vegetable, green salad and/or fresh fruit
 - Bread/rolls with butter
 - Optional: drinks and dessert
- Our most frequently-served meals are spaghetti, tacos, and lasagna. Please consider serving something else!

Menu Ideas:

Entrees	Sides – Starch	Sides – Fruit or Vegetable	Bread	Dessert
Hot dishes	Pasta: spaghetti, fettucine, macaroni, lasagna	Vegetables: raw, cooked, steamed, grilled, cheese covered, sautéed, stir fried or in hot dishes	Bake and serve dinner rolls	Cookie, cakes, cupcakes or cobblers
Rotisserie Chicken	Potatoes: mashed, roasted, scalloped, fried or in hot dishes	Green salads, coleslaw	Potato rolls	Ice cream or sorbet
Chili, soups and stews	Rice: white, brown, wild, or flavored	Salad	Corn or flour tortillas	Fruit pies or pizza
Hamburgers, hot dogs or brats	Baked beans, potato salad, pasta salad	Fruit: fresh, canned, with toppings	Biscuits	Yogurt parfaits
Mexican, Italian or Asian meals			Garlic bread	Root beer floats
Breakfast items			Muffins	Strawberry Shortcake
Sandwich or wrap platters			Croissants	
Salad Bar			Cornbread Italian or French bread Pita bread	
Stir Fry			Focaccia	
Potato or pasta bar				

Other Entrée Ideas:

- Shepard's Pie
- Chicken Pot Pie
- Sloppy Joes
- Chicken Pasta Salad
- Italian Pasta Bake
- Jambalaya
- Pizza
- Pasta –Alfredo, Macaroni & Cheese, Lasagna, etc.
- Tomato Soup with Grilled Cheese Sandwiches

- BBQ Pulled Pork Sandwiches – *Costco is a good place to buy ready-to-eat pulled pork (among many other things) in bulk*
- Nacho or Taco Bar – beans, rice, shredded chicken/ground beef, shredded cheese, chopped lettuce and tomatoes, avocados (guacamole), salsa, sour cream, taco shells or tortillas
- Barbeque – hamburgers, hotdogs, brats, chicken, sausage links, brisket, etc. on the grill

Ideas for Hot Dishes or Casseroles:

- Chicken Cordon Bleu Casserole
- Biscuits & Gravy Casserole
- Sheet Pan Chicken Fajitas for a Crowd
- Chicken Enchilada Casserole
- Stuffed Pepper Casserole
- Pizza Casserole

Dessert Ideas:

- Rice Krispie Bars
- Sundae Bar
- Fruit Parfaits
- Cookies & Cream Ice Cream Cake
- Peanut Butter Oat Squares
- Peanut Butter Chocolate Bars
- Cookies & Cream Bars
- Peanut Butter Marshmallow Bars
- Sweet & Salty Cereal Bars
- S'mores Bars
- Reese's Krispie No Bake Cookies
- No Bake Oreo Pudding Pie
- Special K Scotcheroo Bars
- Strawberry Marshmallow Pie
- No Bake Almond Joy Cookies

Visit these websites for more ideas:

Cooking for a crowd – this link has many recipes with prep + cook time under 3 hours that serve anywhere from 50-500 people:

- <http://www.cdktichen.com/recipes/holidays-parties/cooking-for-a-crowd/>

Other Websites:

- <http://chefref.sysco.com>
- www.bigrecipes.com
- www.deliciousdecisions.org
- www.homecooking.about.com
- www.recipegoldmine.com
- www.razzledazzlerecipes.com
- www.foodnetwork.com
- <http://lotsofinfo.tripod.com/foodservicelist.html>
- www.epicurious.com
- www.recopelink.com
- www.recipesource.com
- www.allrecipes.com

Suggested Main Course Quantities:

Item	Serving per Person	Quantity for 50 diners	Quantity for 100 diners
Bacon	2 slices	6 lbs.	13 lbs.
Casserole	1 cup	5 – 9 x 13” casseroles	13 – 9 x 13” casseroles
Chicken or Turkey	¾ to 1 pound	20 lbs.	40 lbs.
Chili	½ pound	25 lbs.	50 lbs.
Fish	3 oz.	40lbs.	80lbs.
Ground Beef	½ pound	26 lbs.	52 lbs.
Ham	3 oz.	9.5 lbs.	19 lbs.
Hot Dogs	2 dogs	100 dogs	200 dogs
Lunch meats	1 oz.	4 lbs.	8lbs.
Meatballs	5-6 meatballs	16 lbs.	32 lbs.
Pasta	4 to 5 oz.	24 lbs.	48 lbs.
Pizza	2 slices	100 slices	200 slices
Pork Chops	1 chop	50 chops	100 chops
Ribs	1 pound	50 lbs.	100 lbs.
Roast	16 oz.	50 lbs.	100lbs.
Roast Cuts	½ pound	26 lbs.	52 lbs.
Sausage	2 links	100 links	200 links
Soup – 1 st course	1 cup	3.1 gallons	6.3 gallons
Soup – Entrée	2 cups	6.2 gallons	12.5 gallons
Turkey (whole)	1 pound	50 lbs.	100 lbs.

Suggested side dish quantities:

Item	Serving per Person	Quantity for 50 diners	Quantity for 100 diners
Cooked pasta	2-3 oz.	10 lbs.	20 lbs.
Potatoes and yams	1	12 lbs.	24 lbs.
Rice and grains	½ cup	26 lbs.	52 lbs.

Suggested vegetable and fruit quantities:

Item	Serving per person	Quantity for 50 diners	Quantity for 100 diners
Vegetables – cooked	½ cup	12 lbs.	24 lbs.
Vegetables – raw	3-4 pieces	12 lbs.	24 lbs.
Fruit or fruit salad	½ cup	12 lbs.	24 lbs.
Fruits			

Suggested dessert quantities:

Item	Serving per person	Quantity for 50 diners	Quantity for 100 diners
Brownies	1-2	10 dozen	20 dozen
Cakes	2” piece	4 9” cakes	8 9” cakes
Cobbler	1 cup	4 pans	8 pans
Cookies	2-3	6 dozen	12 dozen
Ice cream or sorbet	½ cup	3 gallons	5 gallons