

Ronald McDonald House Charities of Kansas City Cooks 4 Kids Menu Ideas

Please utilize these ideas to help add variety to the meals served to our families. You may notice that spaghetti and tacos are not listed on here. That is because those meals are already served regularly. Be sure to contact us at least a week before you meal to have your menu approved.

Thank you!

Main Dish

Meatball subs (bbq or marinara)
Hot Dogs/Hot dog bar
Hot sandwiches or sliders (ham/cheese, turkey/cheese)
Mac & Cheese bar
Pasta bar
Baked potato bar
Chili or chili bar
Soup
Prepared meals from Costco or Sam's
Rotisserie chicken (from the grocery store)
Fried Chicken
Pork cubed up cooked in salsa and steamed jasmine white rice and flour tortillas (see recipe!)
Creamy baked chicken taquitos with Spanish rice (see notes!)
Pea and Ham Pasta
Grilled cheese (add tomatoes, chicken, spinach, etc) with tomato soap
Cheese steaks
Breakfast for lunch/dinner
Omelets in a bag (use freezer bags)
Sloppy Joes
Taco soup
Store bought cooked ham
Burrito or taco casserole
Stir fry
Tater tot casserole
Chicken Parm bites (use frozen breaded chicken strips)
Cheeseburger Sliders (bake beef in a cake sheet)
Chicken, tuna, egg salad bar
Salad Bar
Build your own pizza (would require group to stay and help cook/serve pizzas)

Pizzas/Mini Pizzas (English muffins/pita)
Pizza pasta
Ravioli/Tortellini
Bacon wrapped smokies
Roasted veggies and sausage
Casseroles
Chicken Noodle Pie – see notes
Shepard's Pie
Mashed Potato Bowls
Grilled Chicken
Pork Chops
Pigs in a blanket
Appetizer Bar
Mini Pot Pies
Meatloaf and Potatoes
Chicken casseroles
Panini sandwiches
Tuna casserole
Turkey Tetrazzini
Roast and Potatoes (can come in AM to put in crock pot)
Mashed Potato Bowls
Chicken and Wild Rice (see recipe)
Chicken and Dumplings
Goulash
Baked Fish/Fish Sticks
Lasagna
Polish Sausage/
Wings
Chinese food
Roast Beef sandwiches
Chicken Rice Casserole (see recipe)
Sausage Casserole (see recipe)
Beef Stew (see recipe, can come in AM to put in crock pot)
Soups and bread bowls
Mashed Potato Bowls
Cheeseburger Casserole

Sides

Veggies
Fruit
Salad
Mashed potatoes
Rice
Noodles
Bread/rolls
Pasta salad

Baked potatoes
Sautéed potatoes
Corn casserole
Corn on the cob
Sweet potatoes
Squash
Au gratin potatoes
Cornbread
Baked fries
Stuffing

Desserts

Angel Food cake with pie filling Cookies
Cake
Brownies
Fudge
Fruit
Ice Cream
Cookies
Pie
Pastries
S'mores
Be creative!

Breakfast

Pancakes
French Toast
Breakfast Casseroles
Eggs
Bacon
Sausage
Muffins
Bagels
Pastries
Fruit

Recipe Suggestions

Pork Dish

Homemade salsa optional
3 pounds Roma tomatoes cut in half
1 bunch of cilantro
1 red onion peeled cut in quarters
2 Serrano peppers.
2 limes juiced/
1/2-1 Tablespoon of kosher salt

- ♥ Roast tomatoes onions Serrano pepper until the tomatoes are slightly roasted and then add everything to the blender.
- ♥ Cube up the pork (15-20 pounds pork loin at Sam's or Costco is about \$20 for that size).
- ♥ Cook it until it is three quarters away done and then add the salsa to it and finish cooking the pork.
- ♥ Serve it white rice with tortillas that's it quick and easy.

Chicken Noodle Pie

<http://www.ladybehindthecurtain.com/chicken-noodle-pot-pie-casserole/>

Shepherd's Pie (makes 1 9x13 pan for about 6 people)

1 lb ground beef
1 can cream of mushroom soup
1 lb frozen or canned veggies, drained (mixed veggies or green beans or whatever)
1 lb mashed potatoes
1 cup shredded cheese
Various herbs as desired

- ♥ Preheat oven at 350.
- ♥ Brown ground beef. Add herbs such as salt, pepper, thyme, garlic, onion, whatever, as you see fit. Once cooked, drain grease and mix in cream of mushroom soup. Spread across bottom of 9x13 pan.
- ♥ Cook frozen veggies as directed or if using canned, drain. Spread veggies over beef layer.
- ♥ Make mashed potatoes or instant (2 packages instant is what I do) and spread over veggie layer.
- ♥ Top with shredded cheese.
- ♥ Bake for 20 minutes covered, then uncover for 5-10 minutes to melt cheese. Serve and win.

Chicken and Wild Rice

2 tablespoon plus 2 tsp olive oil
2 small onion, diced
2 cup mushrooms, sliced
2 teaspoon salt
1 teaspoon garlic powder
2 pounds chicken breasts (about 2), boneless, skinless, cut into 1/2 inch pieces
1 cup sour cream
2 cups shredded cheddar cheese (plus additional for sprinkling on top)
6 cups cooked wild rice

- ♥ Preheat oven to 350 F.
- ♥ Place 2 tbsp of olive oil in a large saute pan over medium heat and cook the onions for 2 minutes.
- ♥ Add the mushrooms, season with 1 tsp of salt and cook another 4 minutes or until the mushrooms are tender and the onions are translucent.
- ♥ Remove the mushroom mixture and place in a bowl.
- ♥ Heat 1 tsp of oil in the sauté pan and cook the chicken, garlic powder and remaining 1 tsp of salt for 3 minutes or until cooked through.
- ♥ Combine all the ingredients together, place in an 8 x 8 inch baking dish and sprinkle with additional shredded cheese.
- ♥ Bake for 20 minutes.
- ♥ Serve.

Chicken-Rice Casserole

1 can cream of mushroom soup
1 can cream of celery soup
1 cup of raw rice
1 1/2 cups chicken broth
4 T. butter, melted
1 c. milk
1/2 pkg. dry onion soup mix

1 whole chicken, cooked and deboned (bite size pieces)

- ♥ Mix all ingredients in a large bowl, except for soup mix.
- ♥ Spray a 9x13 casserole dish with cooking spray.
- ♥ Pour mixture into dish.
- ♥ Sprinkle dry onion soup mix over top.
- ♥ Cover and bake for 1 hour at 350 degrees.

Sausage Casserole

2 lbs sausage

1 cup rice

1 box dry chicken noodle soup (2 packets)

½ cup onion, chopped

½ cup celery, sliced into ¼ inch pieces

3 cups water

1 T. Worcestershire sauce

½ cup sliced almonds (optional)

- ♥ Cook and drain sausage.
- ♥ Spread in a 9X13 glass dish.
- ♥ Add rice, onion, celery and soup mix.
- ♥ Mix together.
- ♥ Add Worcestershire sauce to the water and stir.
- ♥ Pour over meat mixture.
- ♥ Place almonds in a shallow baking pan and roast at 300 for 5-10 minutes until slightly brown.
- ♥ Pour over the meat mixture.
- ♥ Cover and bake for 1 hour at 350.

Beef Stew

2 lbs browned stew meat

4 cups of small red potatoes in quarters

8 medium carrots cut into ½ in pieces

1 large red onion, cut into wedges

1 can of cream of mushroom soup

1 can of cream of celery soup

2 cups beef broth

1 tsp dried, crushed thyme

2-9 oz packages or frozen cut green beans

- ♥ Combine all ingredients in large crock pot and cook on low for 8-9 hours or on high for 4-4.5 hours.