Ronald McDonald House®
Southern New Jersey
Keeping families close™
MEALS
Introduction

Thank you for your interest in volunteering with the meal program at Ronald McDonald House of Southern New Jersey. The following slides give an overview of our Ronald McDonald House meal program, volunteer experiences and guidelines for preparing a meal for our families.

Our Mission is to reduce the burden of childhood illness on children and their families by:

- Creating a caring and uplifting environment
- Providing comfortable housing convenient to a hospital facility
- Investing in affiliated programs that comfort and assist children with health concerns, and their families
- Undertaking resource and fund development activities that support our facilities, programs and services

A Year in Review

- House Program - serves nearly 800 families per year with an average stay of 20 days
- Families with children born prematurely or with birth defects, treatment for cancer, eye disease, heart problems, surgery, trauma and more
- Priority is given to families residing 35 or more miles from our HOUSE in Camden
General Information

- All group members must be free of contagious illnesses (i.e. chicken pox, flu, colds, strep throat, etc.) when volunteering at the House.

- Due to limited kitchen and dining capacities, please limit your group size to no more than 10 people. Anyone under the age of 18 must be accompanied by an adult. Anyone under the age of 8 is not permitted to participate in meal program.

- ARRIVAL WEEK DAYS: Please do not arrive before 7:45 am during weekdays (No one is in the office to open the gate)
  ARRIVAL Weekends: Please arrive at 9:00 am on weekends. Upon arrival press the button at our gate and identify yourself. We will open the gate and greet you at the back door. The office number is 856-966-4663.

- Plan to purchase and prepare food for 40-50 individuals. All meals are served buffet style. When your meal is ready, please serve it on the islands in the kitchen.

- Our kitchen is comfortable but not commercial. We have 4 ovens, 2 microwaves, serving dishes, dinner and dessert plates, soup bowls, glasses and silverware for you to use. There is no need to buy or bring paper products.

- Breakfast is served by 8:30 on weekdays and 10:00 am on Saturday and Sunday. Arrival time is after 7:45 am on weekdays and 9:00 am on weekends.

- Lunch is served by 12:00 pm. Arrival time should be any time after 11:00 am.

- Dinner is served by 5:30 pm. Arrival time should be any time after 4:30 pm.

- A home-cooked meal is a labor of love.
Safety Guidelines for Meal Preparation

- Food prepared at a licensed retail establishment can only be accepted if the food is in unopened packaging and has been handled properly (hot foods kept at 140 degrees and cold foods refrigerated) and delivered to RMH in a short amount of time. All food brought to the House should be placed in the ovens, refrigerators or freezers immediately upon arrival.

- Wash hands with soap and warm water before handling any food. All counters and work surfaces must be wiped before use.

- Attention must be given to cooking all food thoroughly. Soups and stews should be brought to their boiling point. Meat and poultry juices should run clear when pierced and the temperature should be checked with a thermometer.

- Since bacteria can multiply very quickly, cooked food should not be kept at room temperature for longer than 2 hours. Leftovers should be refrigerated promptly.

- All dishes MUST be washed in the dishwasher.

- Please allow time to wash and dry all pots and pans used and wipe kitchen counters and stove tops.
CLEAN UP

- You are welcome to stay & have dinner with the families.

- Please date and put away the leftover food once the families are done eating. Staff is happy to provide direction.

- Your group is responsible for cleaning any dishes used in preparation. It is helpful if members from your group can wipe down all tables, chairs, counters and microwave ovens.

- Please start the dishwashers before you leave.
# Menu Ideas

## MAIN DISH
- Chicken Pot Pie
- Hot sandwiches or sliders (ham/cheese, turkey/cheese)
- Mac & Cheese bar
- Baked potato bar
- Chili or Soup
- Rotisserie chicken
- Fried Chicken
- Pulled Pork or Chicken in Crock Pot
- Creamy baked chicken taquitos with Spanish rice
- Grilled cheese (add tomatoes, chicken, spinach, etc) with tomato soup
- Cheese steaks
- Sloppy Joes
- Tacos or taco casserole
- Cooked ham
- Stir fry
- Meatloaf and Potatoes
- Meatball subs (bbq or marinara)
- Hot Dogs/Hot dog bar
- Tater tot casserole
- Chicken Tenders
- Cheeseburger Sliders
- Chicken, tuna, egg salad bar
- Salad Bar
- Pizza - Different Toppings
- Mini Pizzas (English muffins/pita)
- Roasted veggies
- Casseroles
- Shepard’s Pie
- Mashed Potato Bowls
- Grilled Chicken
- Pork Chops
- Pigs in a blanket
- Chicken casserole

## SNACKS
- Baked Goods
- Crackers and Dip
- Chips and Salsa
- Popcorn
- Fruit Cocktail
- Fresh Vegetables
- Cheese and Crackers
- Trail Mix
- Rice Krispy Treats
- S’mores in the Oven
- Homemade Chex Mix
- Snack Mixes

## SIDES
- Fruit
- Salad
- Mashed potatoes
- Rice
- Noodles
- Bread/rolls
- Pasta salad
- Baked potatoes
- Sweet potatoes
- Corn casserole
- Corn on the cob
- Sweet potatoes
- Squash
- Broccoli
- Au gratin potatoes
- Scalloped potatoes
- Cornbread
- Baked fries
- Stuffing
- Any Vegetables

## MAIN DISH
- Panini sandwiches
- Tuna casserole
- Turkey Tetrazzini
- Roast and Potatoes (come in AM to put in crock pot)
- Mashed Potato Bowls
- Chicken and Wild Rice
- Chicken and Dumplings
- Baked Fish/Fish Sticks
- Polish Sausage
- Wings
- Chinese food
- Grilled Cheese
- Roast Beef sandwiches
- Chicken Rice Casserole
- Sausage Casserole
- Beef Stew (come in AM to put in crock pot)
- Soups and bread bowls

## BRUNCH
- Pancakes
- French Toast
- Breakfast Casseroles
- Omelets
- Eggs
- Bacon/Sausage
- Muffins
- Bagels/Pastries
- Fresh Fruit
- Yogurt Parfaits
- Breakfast burritos

## DESSERTS
- Cookies
- Cakes
- Brownies
- Fruit
- Ice Cream
- Pies
- Pastries
- S’mores

## BEVERAGES
- Orange Juice
- Canberry Juice
- Apple Juice
- Coffee

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Tacos and spaghetti are served often. Please consider an alternative menu. We have a grill in our yard so in the Summer, consider Grilling a Meal.

Our families appreciate variety!
Parking is available in our gated lot. Upon arrival ring the buzzer at the gate. We will open the gate and you may park in any available parking spot. At the back door ring the doorbell and let the front desk know you are part of the meal group. The manager on duty or house volunteer will help you get settled.

Location and Parking:

Ronald McDonald House of SNJ
550 Mickle Blvd., Camden, NJ 08109
(AKA: Martin Luther King Blvd.)
Ronald McDonald House of Southern New Jersey would not be successful without the volunteers who graciously give their time and talents to assist our House in preparing meals for the families.

It is through your dedication and support that we are able to serve so many families year after year. Thank you for supporting our mission in the “House that Love Built.”

On behalf of the families staying in our House
Thank you for your support!