

# MEAL PROGRAM GUIDELINES

## *During Construction*

WWW.RMHCNASHVILLE.COM

615-343-4000



**At RMHC of Nashville, we support families children are critically ill and being treated at a Nashville area hospital. Our renovation will allow us to serve four more families each day and to provide an up-to-date kitchen space for our families and meal groups to cook. Our kitchen will be closed until further notice. Even though our kitchen is unavailable, we still need meal groups to provide meals to make this house a home and to "keep families close."**

**\*NOTE: During construction, we will not have access to our ovens, stoves, dishwashers, sinks, dishes, etc. All meals must be prepared off-site and dropped off in disposable containers. Unfortunately, we will not be able to accommodate groups who wish to cook at the house and/or stay to serve the families.**

# OVERVIEW

## MEAL TIMES

Breakfast (Mon.-Fri.): 8:30am

Breakfast (Sat. & Sun.): 9:00am

Lunch: 12:00pm

Dinner: 6:00pm

## MEAL QUANTITY

Breakfast : 10-12 people

Lunch: 12-15 people

Dinner: 15-18 people

**\*NOTE: If you are providing sack lunches, we ask you provide 25 sack lunches for our families**

## MEAL REQUIREMENTS

Meals should be a balanced meal. If your dishes include nuts, fish, or citrus, please make note of it on dish.

## VOLUNTEER REQUIREMENTS

- Volunteers must be over 7 yr. old
- No more than 10 people in group

## MISC.

- Drop off meal 30 min. before meal is served.
- Only FULLY COOKED and READY TO SERVE meals

## MEAL SUGGESTIONS

### BREAKFAST

- Donuts, breakfast tacos, yogurt bar, prepackaged breakfast pastries, fresh fruit, bagels and cream cheese, cinnamon rolls, french toast sticks

### LUNCH

- Soup, and grilled cheese, chili, baked potatoes, salad bar, fruit and veggie trays, roll ups, pizza

### SACK LUNCH

- Croissants, hoagie rolls, sub sandwiches or wraps with ham or turkey and cheese, tuna or chicken salad packs, fruit, individually packaged hummus packs, fruit snacks, bottled water, dessert-like treats

### DINNER

- casseroles, baked chicken and sides, lasagna, pasta salad, macaroni salad, taco bar, BBQ and sides, pizza and salad, spaghetti

**\*For more meal suggestions, check out our Pinterest Board!**

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# OTHER MEAL OPTIONS

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## SPONSOR A MEAL

You may donate in lieu of having the meal catered/preparing it yourself and we will take care of ordering something our families will love! Contact the Volunteer Coordinator, Kirra at [kirra@rmhcnashville.com](mailto:kirra@rmhcnashville.com) 2-3 weeks ahead of your meal to coordinate this option.

The cost to sponsor a meal for the families staying at The Ronald McDonald House are below:

- Breakfast: \$150
- Lunch: \$200
- Dinner: \$250

## HAVE YOUR MEAL CATERED

### BROWN BAG CATERING

420 Cool Springs Blvd. Ste. 120

Franklin, TN 37067

[Brownbagnow.com](http://Brownbagnow.com)

(615) 454-1718

### NEWK'S

2714 West End Ave.

Nashville, TN 37203

Catering Contact: Alyssa Falvey

[afalvey@mtn1llc.com](mailto:afalvey@mtn1llc.com)

(615) 979-3152

### FREEBIRDS

[cater@freebirds.com](mailto:cater@freebirds.com)

(888) 392-2287

### MOE'S CATERING

Catering Coordinator: Derek Cammarata

[moescateringderek@gmail.com](mailto:moescateringderek@gmail.com)

(615) 715-3483

### JASON'S DELI

2028 West End Ave.

Nashville, TN 37203

(615) 340-9991

### MELLOW MUSHROOM

212 21st Ave. S.

Nashville, TN

Catering Contact: Tammy Lucich

[TammyL.Mellow@gmail.com](mailto:TammyL.Mellow@gmail.com)

(678) 372-9496

### TAZIKI'S CAFE

Catering Call Center Manager:

Katie Hale

[khale@tazikiscafe.com](mailto:khale@tazikiscafe.com)

(615) 823-3941