

Dump 'n' Go Recipe Ideas



BREAKFAST

FRENCH TOAST
CINNAMON
ROLLS

TATER TOT
CASSEROLE

APPLE
CINNAMON
STEEL CUT
OATMEAL

LUNCH

BEEF TACOS

QUESO
(for nachos)

CHICKEN WINGS

CHILI
(w/ possibility of
hotdogs)

BUFFALO
CHICKEN DIP
(served w/ chips)

PULLED PORK
(w/ possibility of
sandwiches)

DINNER & DESSERTS

LASAGNA

CHICKEN & RICE

MAC AND
CHEESE

MEATBALLS

CHICKEN &
POTATOES

PORK
TENDERLOIN

SCALLOPED
POTATOES

PEACH COBBLER

COOKIES &
BROWNIES

Notes:

*all recipes must use one-pot/crock pot for simplicity

*you must email House Operations Coordinator in order to schedule meal
(chelsea@rmhcnashville.com)