



Ronald McDonald  
House Charities®  
Intermountain Area

**SCHEDULE  
ONLINE!**  
RMHCSLC.ORG

# RMHC MENU

## STARTER CHOOSE YOUR MEAL

### 01. LUNCH

LUNCH IS SERVED AT 1:00 PM.

**60**

(PEOPLE)

### 02. DINNER

DINNER IS SERVED AT 6:00 PM.

**60**

(PEOPLE)

## MAIN MENU CHOOSE YOUR INGREDIENTS

### BE CREATIVE

HAVE FUN WITH THE MENU AND BE CREATIVE. THE FAMILIES WE SERVE TRULY APPRECIATE HAVING A VARIETY OF MEALS PREPARED.

### MEAT & VEGETARIAN OPTION

INCLUDE A MEAT & VEGETARIAN MAIN DISH FOR THOSE FAMILIES WITH DIETARY RESTRICTIONS

### INGREDIENTS

WHEN YOU SIGN UP FOR A MEAL, YOU ARE RESPONSIBLE FOR CHOOSING THE MENU, PURCHASING ALL THE FOOD ITEMS, PREPARING THE MEAL ONSITE, SERVING THE MEAL TO THE FAMILIES, AND CLEANUP. WE ARE UNABLE TO SERVE ANY FOOD PREPARED OFFSITE UNLESS IT IS STORE BOUGHT OR CATERED.

## LAST COURSE REGISTER ONLINE

### ONLINE CALENDAR

VISIT OUR WEBSITE TO SIGN UP FOR A MEAL. GO TO THE GET INVOLVED PAGE TO SIGN UP.

### CALL FOR INFORMATION

YOU MAY CONTACT US WITH ANY QUESTIONS AT 801-363-4663.

Ronald McDonald House  
ADOPT-A-MEAL





The Adopt-A-Meal program provides a much-needed service to families who are supporting their sick or injured children. Often families don't have the time, resources, or energy to prepare a healthy, hot meal for themselves. Thank you for providing a comfort from home for our guests.

## THINGS TO REMEMBER WHEN ADOPTING A MEAL

### MAXIMUM VOLUNTEERS

10

Your kids are welcome to join you, but anyone under 18 must be supervised by a parent or guardian at all times.

### TIME COMMITMENT

2-3 HOURS

Prepare all meals from start to finish in our kitchen, while ensuring food safety standards are being met by washing hands frequently, wearing gloves, and having hair tied back or in a hair net (available onsite). Food that is pre-packaged or pre-prepared in a restaurant, store, or commercial kitchen may be served. Home pre-prepared food CANNOT be served and must be removed from the kitchen to ensure safety. Please give notice if you need to cancel or reschedule.

### KITCHEN TOOLS

We have 4 ovens, a restaurant style stove top with 6 burners, a flat top stove, an outside BBQ grill, hot/cold serving bar, commercial dishwasher, countless knives, spoons, whisks and spatulas. We do not provide paper products. You are welcome to use our plates, cups and silverware in the kitchen or purchase paper products.

### FOOD PREPARATION

Remember that 60 meals is an estimate of how many servings are needed. Rest assured that any leftovers will be enjoyed by families when they return from the hospital, and your meals will not go to waste. Keep food safe by maintaining temperatures of 140 °F or higher for hot food, and 41 °F or less for cold food. Groups serve the meal to families from our hot/cold bar wearing hair nets and food preparation gloves for food safety.

### MEAL PLANNING

Send your menu to RMHC at least 3 days in advance. Be creative! Feel free to make your family favorites. Remember to include a meat and vegetarian main dish.

### WHEN YOU ARRIVE

In order to save the parking lot for our House guests, please park on M or N Street, or 1st Ave. Our front door can be accessed through the parking lot off of M Street and can be temporarily used to load in your food & supplies. Bring your ID and check in at the front desk. Remember to help us maintain a calm and peaceful space. **We ask that children under 18 are supervised at all times and guests stay in the common areas.** Thank you for your generosity and we hope you have a wonderful experience.



CALL US AT 801-363-4663 OR VISIT US ONLINE IF YOU HAVE QUESTIONS

THANK YOU FOR YOUR SUPPORT!