

## Preparing Meals for Guests at Kathy's House

Thank you for considering making a meal at Kathy's House! Our guests often share with us how much they appreciate having a home cooked meal. By cooking a meal you are providing a break for our families from eating out, going to a vending machine or just skipping a meal. You will truly leave knowing that you have made a difference.

### General Guidelines

Please remember that everyone visiting the House must be healthy in order to protect guests who may be immune suppressed.

We also try to keep a fragrance free atmosphere as many of our guests are extremely sensitive to fragrances.

### Details

- Dinner is served at 5:00 pm Monday thru Friday. Brunch is served between 11:00 am and Noon on Saturday and Sunday. The office opens at 10 am.
- We encourage you to eat with the guests.
- Because we do not have a full-time cleaning staff, please allow time for your group to clean up after cooking.
- We ask volunteers to prepare for approximately 25-30 people when planning a meal. Our guests love leftovers!
- **We encourage healthy meals with fresh, organic ingredients whenever possible.**
- You may cook on-site and use our equipment or cook off-site and bring in your meal. We also have grills available.
- Please no live flowers/plants for decorations.

### What to Bring

- Please bring all the ingredients to prepare your meal.
- We have a fully equipped kitchen including pots, pans, utensils, plates, cups, serving dishes, ice, coffee, three microwaves and three stoves/ovens.
- Often our cookware has had lots of use so if you have a favorite pot to cook in to make your favorite dish, feel free to bring it and please take it back as soon as you are done. We have food storage containers.

### Menu ideas

- Please send your menu to Marie, Volunteer Coordinator prior to your meal.
- Our guests are so grateful for meals that are cooked for them. Guests often ask for recipes!
- Labeling the dishes is very helpful for our guests who may have questions or concerns about food allergies or sensitivities.
- If the meal contains nuts, please note this by the dish.
- Recipes provided on request. We can make copies of your recipes in the office!

#### Dinner ideas

Lasagna, using ground chicken or turkey  
Casseroles, using chicken, turkey, vegetables  
Theme meals: Mexican, Chinese, etc  
Hot Sandwiches  
Cold Sandwiches  
Spaghetti, using ground chicken, turkey  
Desserts, cookies

#### Brunch ideas

Egg casseroles  
Eggs and bacon, turkey/chicken sausage  
French toast  
Pancakes  
Fresh fruit  
Juices