



**Kathy's House**  
A HOSPITAL GUEST HOUSE

## PREPARING "MEALS TO GO" FOR GUESTS AND KATHY'S HOUSE

Cooking for our busy, stressed guests literally takes something "off their plate." Provide a break for our families from eating out, going to a vending machine, or just skipping a meal.

### General Guidelines

- Everyone preparing "meals to go" must be healthy in order to protect guests who may be immune suppressed.
- Please use gloves when preparing "meals to go".

### Details

- You can make breakfast or lunch/dinner "meals to go."
- You can prepare the "meals to go" on-site or at your business, school, or organization and bring the snacks to Kathy's House. Please allow time to clean up if cooking on-site.
- We ask that you prepare 40 "meals to go" for guests.

### What to Bring

- Please bring all ingredients to prepare your meal.
- We will provide freezer containers.
- We have a fully-equipped kitchen, including pots, pans, utensils, plates, cups, serving dishes, ice, coffee, four microwaves and

### Menu Ideas

(Recipes available upon request)

- Label each "meal to go" with the meal name and date. Please note if the meal contains nuts.
- Bring a print-out of your recipes - guests often ask for them! We can make copies in the office.

### Dinners

- Chicken & Broccoli Stir-fry
- Turkey Taco Bowl
- Lasagna Roll-ups
- Meatloaf with Sweet Potato & Green Beans
- Sweet Potato Beef Stew

### Breakfasts

- Breakfast Burritos
- Croissant Breakfast Sandwich
- Country Scramble Breakfast Bowls
- Egg & Sausage Breakfast Taquito

## THANK YOU!

Your favorite recipes are always well received as well! Questions? Contact Marie Grevsmuehl, Director of Volunteer Services at (414) 453-8290 or [marieg@kathys-house.org](mailto:marieg@kathys-house.org)