

Meal Donation at Helen's Place & Sophia's Place

Effective September 1, 2020

	Helen's Place		Sophia's Place	
	Lunch	Dinner	Lunch	Dinner
How many women	40	40	30 (Wed, Thu, Sat) 21 (Sun, Mon, Tue, Fri)	21
Hot or Cold	Hot	Hot	Cold	Hot
Time of Delivery	Between 10:30 and 11 am	Between 6 and 6:30 pm	Between 10:30 and 11 am	Between 6 and 6:30 pm
Location	8045 120th Avenue NE, Suite 200 Kirkland, WA 98033 Delivery Instructions: Please call 425.242.1273 and a staff member will bring a cart out to you to take the food from your car.		3032 Bellevue Way Bellevue, WA 98004 (behind St. Luke's Lutheran Church) Delivery Instructions: Please call 425.896.7385 and a staff member will bring a cart out to you to take the food from your car.	

Good to Know

- Please follow the safe food preparation guidelines from Public Health, Seattle and King County, outlined in [this document](#).
- Meals must be ready-to-serve and ready-to-eat. There is not enough time to warm up the food so please bring the food ready-to-serve. Please bring the food in disposable containers (aluminum trays are great).
- Our population is older and vulnerable – choose easy to digest meals.
- Provide choices and be inclusive and neutral in the cuisines and dishes.
- Specialty meals, such as Indian or Asian are enjoyed occasionally. The preference is usually for meals that include bread, meat protein, sides, salad, and dessert.
- Include (if possible) an ingredient list as some of the women have dietary restrictions /allergens.
- It is **not necessary** to bring plates, cutlery, and other serving essentials.

Questions: Email meals@sophiaway.org

Making meals for a large group

Making a meal for a large group may seem daunting, but you can make it a group activity to make it easier for you.

- Connect with family or friends from your neighborhood, church group, school, etc.
- Plan the meal (a hot main dish, one or two side dishes)
- Break up the meal into smaller pieces and have each person make a part of it

Example of a menu:

Taco Bar

- Two people bring 4 lbs of taco meat
- One person brings shells/tortillas and guacamole
- One person brings cheese/sour cream/salsa
- One person brings salad and fruit
- One person brings dessert (optional)

Other ideas:

- Pasta bar (different types of pasta and sauces) with French bread and vegetable
- Pulled pork sandwiches with coleslaw and fruit
- Spiral cut ham with scalloped potatoes and vegetable
- Baked Ziti with French bread and vegetable
- Grilled sausage (or meatball) sandwiches with salad and fruit
- Chili with corn bread and fruit salad
- Teriyaki chicken with rice and vegetable

Some other resources for menu planning:

- <http://allrecipes.com/> This website (and others) will allow you to choose a recipe and will scale the ingredients based on how many servings you want to prepare.
- <http://recipesforacrowd.com/>
- <http://www.cditchen.com/recipes/holidays-parties/cooking-for-a-crowd/>
- <http://www.shaketogetherlife.com/2016/07/sloppy-joes-for-a-crowd-freezer-friendly.html>
- <http://thrivinghomeblog.com/2015/01/20-meals-that-feed-large-groups/>
- <http://www.freebiefindingmom.com/cheap-meals-for-large-families/>

Thank you for supporting the women we serve by donating a meal!