



Pantry Heroes

Stumped on what to cook? Try these delicious ideas & recipes



Ronald McDonald House Charities®
Greater Western Sydney



Great source



Easy add in to



Recipes ideas (available from RMHC Nutrition Webpage)

LENTILS, LEGUMES & BEANS*



+ Beef nachos, Sausage rolls, Fresh salads



Protein, Fibre & Iron



+ Poached eggs, Enchiladas, Vegetable Frittata



Loaded Sweet Potato



+ Jacket Potatoes, Scrambled eggs, Tomato-based pasta sauces



+ Stews, Tray bakes & Roast veggies



Classic Hummus



+ Fresh Salads, Pasta's, Soups and Stews



Garlicy Parmesan White Beans

*rinse before use



+ Stir fry, rice dishes, pizza, smoothie



Thai Pineapple & Prawn Rice

FRUITS



Vitamin A, C, Folate & Potassium



+ Fruit salad, fruit kebabs, yoghurt, porridge



Two Fruit Sponge Cake



+ Yoghurt, chia pudding, salad dressing



Wholemeal Passionfruit Pancakes



+ Garden salads, roasted meats, infused Lemonade, desserts



Peach Cobbler



+ Smoothie, BBQ meats, salsas, Chutney



Mango Salsa with Chilli & Lime

VEGETABLES



Vitamin A, C, E, K, Magnesium & Fibre



+ Sandwiches, wraps, dips, roasted



Roast Beetroot, Feta & Spinach Salad



+ Pasta sauce, curries, soups, casseroles, enchiladas, chilli



Shakshuka (poached eggs in tomatoes)



+ Casseroles, frittata, soups, salads



Breakfast Potato Hash



+ Taco filling, salads, dip, fritters, relish, slices, soups



Cowboy Caviar Corn Salsa

Missing a pantry staple?

Please let one of our staff or volunteers know, We will do our best to replenish items

SEAFOOD



Healthy fats, Vitamin B12 & Protein



+ Salads, sandwiches, wraps, mornay, patties



Tuna & Avocado Rice paper rolls



+ Salads, Creamy Pastas, Crackers, quiches



Zesty Salmon Pasta Bake

Have any great recipes to share? Send them thru to programs.gws@rmhc.org.au