

# Meals from the Heart

## Chicken Alfredo Bake

Servings | 45

### Ingredients

8 lbs.	penne pasta
3 cups	unsalted butter
1	cup flour
1/2 cup	minced garlic
1/2 gallon	heavy cream
1 1/2 gallons	whole milk
3 tbsp.	salt
3 tbsp.	garlic salt
2 tbsp.	black pepper
48 oz.	shredded parmesan cheese
48 oz.	shredded mozzarella cheese
16 oz.	cream cheese, softened
≈9 lbs.	cooked, diced chicken

### Directions

- Preheat oven to 375° F. Grease and set aside 3 large disposable baking pans.
- Grease two full size hotel pans. If using raw chicken, slice all the chicken. If using precooked, break up the chicken into bite-sized pieces. With either option, divide the chicken across two hotel pans and place one in each oven.
- Using two large pots, prepare pasta per package directions (pasta will cook further in the oven, so do not overcook). Drain pasta, place back in pots, and toss with a light amount of cooking oil.
- While pasta is cooking, melt butter in large pot over medium heat. Add garlic and flour and cook, stirring frequently, for another 2 minutes.
- Add the garlic salt, salt, pepper, cream, milk, and half of the parmesan cheese. Stir to combine and melt cheese.
- Allow sauce to simmer for 10 minutes or so until thickened, stirring frequently to avoid burning or scorching. Once thickened, remove from heat.
- Add in mozzarella and cream cheese and stir to combine and allow cheese to melt. Add additional salt to taste.
- Pour sauce into pasta pots and stir to combine. Remove enough pasta mixture to fill one of the reserved baking pans, then mix chicken into pots.
- Split the chicken mixture between the two reserved pans. Sprinkle all three pans with remaining parmesan cheese, and bake for 25-30 minutes, until sauce is bubbly and top begins to brown.



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## Vegetarian Alfredo Bake

Servings | 15

### Ingredients

1 - full size reserved pasta &  
disposable sauce from chicken  
baking pan alfredo recipe  
24 oz. frozen mixed  
vegetables

### Directions

- Mix frozen vegetables in with reserved pan of vegetarian alfredo (instructions for preparation are in the Chicken Alfredo recipe).
- Sprinkle with parmesan cheese, and bake for 25-30 minutes, until sauce is bubbly and top begins to brown.



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# Meals from the Heart

## Caesar Salad & Garlic Bread

Servings | 45

### Ingredients

6 heads	Romaine lettuce
2 bottles	Caesar dressing
2 - 5 oz. packages	croutons
4 loaves	pre-packaged garlic bread

### Directions

- Chop Romaine lettuce (wash if unwashed)
- Toss with croutons in a large bowl, and set out with dressing on the side.
- Follow package instructions for heating garlic bread.



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# Meals from the Heart

## Shopping List

Servings | 40

Please use this grocery list to plan for your meal!  
We will supply the following ingredients: oil, flour, butter/margarine, salt, pepper, sugar, baking soda/powder, eggs, vinegar (only apple cider and balsamic) and all of the spices found in your recipe.

16 oz. cream cheese

48 oz. shredded mozzarella cheese

48 oz. shredded parmesan cheese

1/2 gallon (2 qts.) heavy cream

1 1/2 gallons whole milk

1 head garlic

8 lbs. penne pasta

4 loaves pre-packaged garlic bread

2 - 5 oz. package seasoned croutons

2 bottles Caesar dressing  
(vegetarian, if you can find it)

6 romaine lettuce hearts

2 - 12 oz. packages frozen mixed vegetables

About 9 lbs. boneless skinless chicken breast (can be thighs, if group prefers)

OR

Precooked chicken\*

\*If you are shopping at Costco, scan this QR code to see a great pre-cooked chicken option—3 packages for this recipe!



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