

Kosher Meals on Wheels

- 10 Special Dietary Menus
- Free Delivery
- Meals prepared under supervision of the Kashruth Council of Canada
- Volunteer Security Check
- Flexible Service

Frozen Entrées Menu (Baycrest)

Chicken, beef, fish or dairy main with one starch and one vegetable side dish

Frozen Entrée options are listed below:

Beef

Beef Burgundy
Roast Beef
Corned Beef
Salisbury Steak
Beef Stew

Chicken

Roasted Chicken Leg
Roasted Chicken Breast
Hawaiian Chicken Leg
Mushroom Chicken Breast (boneless)
Chicken Souvlaki Breast

Fish & Dairy

(Dairy Kitchen - Tuesday Only)
Cheese Lasagna
Salmon Patties
Mac & Cheese
Cheese Blintzes
Penne with Vegetables
Baked Breaded Fish

Vegetarian

(Prepared in Meat Kitchen)
Vegetarian Cutlet
Baked Salmon

Reheating Instructions

Microwave:

Pierce film cover with fork before heating.
Heat on high for approx. 5 minutes

Oven:

Replace the food tray's film with foil.
Heat at 250°F (120°C) for 50-60 minutes.

Do not heat in a toaster oven

Products & Prices

Complete Meal

4-Week Fixed Menu

A chicken, beef, fish or dairy main with one starch and one vegetable side dish. Also comes with soup, bread and a dessert

\$8.95 per meal

Frozen Entrées

Assorted Frozen Entrées

Chicken, beef, fish or dairy main with one starch and one vegetable side dish

\$6.95 per tray

Light Cold Meal

Fresh vegetables, salads, sandwiches

\$3.95 per snack

Frozen Soup Packs

3 frozen soups - 5 different choices

\$5.00 per pack