

# 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 (Sepha)

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

*Frozen Entrée options are listed below:*

### Beef

Meat Loaf (gravy)  
Meat Loaf (no gravy)  
Shepherd's Pie  
Salisbury Steak  
Beef Stroganoff  
Beef Stew  
Spaghetti with Meat Sauce

### Chicken

Roasted Turkey  
Roasted Chicken Leg  
Boiled Chicken Leg  
Hawaiian Chicken Leg  
BBQ Chicken Breast  
Roasted Chicken Breast  
Mushroom Chicken Breast

### Dairy

Mac & Cheese  
Tuna Casserole  
Cheese Blintzes

### Pareve

Salmon Burgers  
Baked Breaded Fish

## 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**

## Reheating Instructions

*\*Begin by removing the outer plastic packaging\**

### Microwave:

Place the sealed food tray in the microwave. Heat on high for 5-10 minutes.

### Oven:

Replace the food tray's film with foil. Place in the oven on a baking sheet. Heat at 300°F (148°C) for 60 minutes.

**\*Do not heat in a toaster oven\***