

# 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

## Products & Prices

<b>Frozen Entrées</b> .....	<b>\$6.95 per tray</b>
Chicken, beef, fish or dairy main with one starch and one vegetable side dish	
<b>Complete Meal</b> .....	<b>\$8.95 per meal</b>
A frozen entrée tray with a soup, bread and a dessert	
<b>Light Cold Meal</b> .....	<b>\$3.95 per snack</b>
Fresh vegetables, salads, sandwiches	
<b>Frozen Soup Packs</b> .....	<b>\$5.00 per pack</b>
3 frozen soups	

## Frozen Entrées Menu

### Beef

- Traditional Beef Cholent
- Corned Beef with Gravy
- Corned Beef
- Pot Roast Beef Shoulder
- Meat Loaf

### Chicken

- Lemon Garlic Roast Chicken
- Roasted Chicken Leg
- Roasted Chicken Breast
- Chicken with Dried Fruit

### Fish & Dairy

*(Prepared in Dairy Kitchen - Tuesday Only)*

- Cheese & Onion Lasagna
- Mac & Cheese
- Cheese Blintzes
- Poached Fish
- Breaded Pollock

### Vegetarian

*(Prepared in Meat Kitchen)*

- Vegetarian Cutlet
- Baked Salmon

## Reheating Instructions

**Microwave:** Pierce film cover with fork before heating.  
Heat on high for approximately 5 minutes.

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

**CAUTION: DO NOT HEAT IN A TOASTER OVEN**



**Circle of Care**

Sinai Health System