

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

Frozen Entrées **\$6.95 per tray**
Chicken, beef, fish or dairy main with one starch and one vegetable side dish

Complete Meal **\$8.95 per meal**
A frozen entrée tray with a soup, bread and a dessert

Frozen Entrées Menu

Beef

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

Dairy

- Mac & Cheese
- Tuna Casserole
- Cheese Blintzes

Chicken

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

Pareve

- Salmon Burgers
- Baked Breaded Fish

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

For more information
call: **416.635.2860**