



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

Ensure® Package **\$8.95 per pack**
 4 bottles of Ensure®

Frozen Soup Packs **\$5.00 per pack**
 3 frozen soups

Frozen Entrées Menu

Beef

- Traditional Beef Cholent
- Braised Beef and Onion
- Salisbury Steak with Gravy
- Pot Roast Beef Shoulder
- Meat Loaf

Chicken

- Roasted Chicken Leg
- Roasted Chicken Breast
- Rosemary Roasted Chicken Leg
- Pineapple Chicken Leg
- Boiled Chicken Leg
- Zesty BBQ Chicken Leg

Fish & Dairy

(Prepared in Dairy Kitchen)

- Cheese & Onion Lasagna
- Mac & Cheese
- Cheese Blintzes
- Lemon Butter Poached Fish
- Breaded Tilapia

Vegetarian

(Prepared in Meat Kitchen)

- Meatless Meatballs
- 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

Baycrest Menu



Circle of Care
Sinai Health

For more information
call: **416.635.2860**