



# 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>Ensure® Package</b>	<b>\$8.95 per pack</b>
4 bottles of Ensure®	
<b>Pack of Soups</b>	<b>\$5.00 per pack</b>
3 soups per pack	

## Frozen Entrées Menu

### Beef

- Meat Loaf with Gravy
- Shepherd's Pie
- Salisbury Steak
- Beef Stew
- Spaghetti with Meat Sauce

### Dairy

- Mac & Cheese
- Cheese Blintzes
- Lokshen Kugel

### Chicken

- Roasted Turkey
- Roasted Chicken Leg
- Boiled Chicken Leg
- Hawaiian Chicken Leg
- BBQ Chicken Breast
- Roasted Chicken Breast
- Mushroom Chicken Breast
- Sweet and Sour Meat Balls

### Pareve

- Salmon Burgers
- Baked Breaded Fish
- 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**

For more information  
call: **416.635.2860**