



Samost  
**JFCS**

Jewish Family & Children's Service  
of Southern New Jersey

PRESENTS...

# CATERED HOME DELIVERED MEALS FALL 2021

## Menu

TO ORDER MEALS, CALL  
**RENEE NACHBAR**  
(WEDNESDAY OR THURSDAY  
FROM 2:30PM - 4:30PM)  
AT 856-424-1333 EXT. 1162

We give help. We give hope.



## MEAL FACTS

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- Reasonably Priced at \$7 Per Meal
- Microwaveable / Oven Ready
- Kosher Meals Prepared by Betty the Caterer
- Prepared Under the Supervision of a Nutritionist
- Meals are low sodium (ingredients available upon request)
- Free Delivery Available

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# Menu

*New!* 8-Ounce Soup Containers  
Soups are \$6 each

Beef Barley Vegetable Soup  
Tomato Soup  
Chicken Noodle Soup

Split Pea Soup  
Garden Vegetable Soup  
Hearty Bean Soup

## Poultry

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### Chicken Breast Marsala

with steamed noodles & peas

### Dijon Glazed Chicken Quarter

with brussels sprouts, cranberries,  
whipped sweet potatoes, & chocolate chip cookie

### Chicken Breast

with challah stuffing, wide noodles,  
& mixed vegetables

### Apple Sage Roasted Turkey

with apple cranberry stuffing,  
carrot tzimmes, & fruit cocktail

## Beef

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### Sweet & Sour Meatballs

with roasted red potatoes & blended vegetables

### Beef Burgundy

with steamed noodles & roasted Brussels sprouts

### Sliced Barbecue Beef Brisket

with cabbage & carrots, kasha & bowties,  
& fruit cocktail

### Meatloaf

with sweet potato cubes & broccoli

### Salisbury Steak

with mushroom wine sauce,  
peas & onions, wide noodles, & whole fruit

### Stuffed Cabbage

with rice & chocolate chip cookie

## Fish

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### Butter Crumb Fish

with creamy spinach sauce, Italian blend vegetables,  
lemon & parsley couscous, & strawberry applesauce

### Lemon Dill Flounder

with sweet kugel & green beans

### Tilapia Stuffed

stuffed with breadcrumbs & spinach in  
lemon sauce, wild rice, & fruit compote

### Salmon Cakes

with mashed potatoes & green beans almandine

## Vegetarian

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### Cheddar Cheese & Spinach Omelet

with scalloped tomatoes, hash browns,  
apple muffin, & pears

### Stuffed Shells

with broccoli, brandied peaches, & gingerbread muffin

### Blintz Souffle

with potato pancakes & blueberry crumb cake

### Vegetable Lasagna

with sugar snap peas, & cinnamon apples