

Presents...

# CATERED HOME DELIVERED MEALS SUMMER 2022

## Menu

TO ORDER MEALS,  
CONTACT **RENEE NACHBAR**:  
EMAIL [RNACHBAR@JFEDSNJ.ORG](mailto:RNACHBAR@JFEDSNJ.ORG)  
OR CALL TUESDAY OR WEDNESDAY  
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

### *Soups*

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**8-Ounce Containers \$6 each**

Borscht  
Chicken Matzah Ball  
Mushroom Barley  
Lentil  
Garden Vegetable  
White Bean

### *Fish*

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**Baked Tilapia with Lemon and Capers**  
with buttered parsley potatoes, mixed  
vegetables, and a baked treat

**Baked Fish with Hearty Tomato Sauce**  
with broccoli & cauliflower, penne pasta,  
and strawberry applesauce

**Teriyaki Tilapia**  
with fried brown rice, Asian blend  
vegetables, and fresh fruit

**Salmon Burger**  
with glazed carrots, mashed sweet  
potatoes & cinnamon apples

### *Other*

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**Bowties with Bolognese Sauce**  
with broccoli, carrots and fruit cocktail

**Fried Eggplant**  
with roasted potatoes and baked apples

**Blintzes with Strawberry Glaze**  
with potato pancakes, and  
blueberry crumb cake

**Scrambled Eggs with Salami**  
with home fried potatoes, and  
a cinnamon bun

**Cheese Ravioli with Roasted Red  
Pepper Sauce** with garlic spinach, and  
brandied peaches

### *Chicken*

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**Orange Rosemary Glazed Chicken**  
with brown rice, peas and carrots, green  
beans almondine, and berry applesauce

**Lemon and Ginger Chicken Quarter**  
with broccoli, couscous with raisins and pears

**Grilled Chicken with Tomato Basil Sauce**  
with rotini pasta, sauteed spinach with  
diced carrots, and a fresh orange

**Herb Roasted Turkey**  
with gravy, corn, maple glazed sweet  
potatoes, and a baked treat

### *Beef*

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**Hamburger with French Fries**  
with carrot coins, and strawberry applesauce

**Sesame Beef with Peppers**  
with pineapple carrots, brown rice,  
and a peach

**Meatballs in Sweet and Sour Sauce**  
with vegetable blend and mashed potatoes  
and fruit

**Sliced Brisket with Au Jus**  
with cauliflower and carrots, kasha bowties,  
and a baked apple

**Stuffed Peppers with Beef**  
with rice, and a baked treat