

We give help. We give hope.

Presents...

# CATERED HOME DELIVERED MEALS FALL 2022/ WINTER 2023

To order meals, call  
**Renee Nachbar**  
Tuesday or Wednesday  
from 2:30pm - 4:30pm  
at 856-424-1333 Ext.1162  
or email at  
[rnachbar@jfedsnj.org](mailto:rnachbar@jfedsnj.org)

## Menu



## MEAL FACTS

- 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

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### *Fish*

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#### **Butter Crumb Fish**

with creamed spinach, and herb couscous  
and fresh fruit

#### **Tilapia Stuffed with Florentine Stuffing**

topped with a lemon dill sauce, broccoli and  
cauliflower medley and fruit cocktail

#### **Baked Fish**

with lemon butter sauce, rice pilaf, balsamic  
brussel sprouts with crasins and canned fruit

#### **Fish Cakes**

with brown rice, pineapple carrots and fresh fruit

#### **Gefilte Fish**

with savory noodle kugel, cranberry pear  
compote and a bakery item

### *Other*

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#### **Cheese Lasagna/Rollup**

broccoli, cauliflower & carrot medley,  
baked apple and a baked good

#### **Ratatouille**

with potato latke, baked pears and applesauce

#### **Blintzes with Strawberry Glaze**

potato pancakes and blueberry crumb cake

#### **Spinach and Cheese Omelet**

with stewed tomatoes, O'Brien potatoes  
and applesauce

#### **Stuffed Shells**

with sugar snap peas and broccoli,  
cinnamon apples and a baked good

### *Soups*

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

Tomato Soup

Split Pea Soup

Chicken Matza Ball Soup

Garden Vegetable Soup

Potato Leek Soup

Mushroom Barley Soup or

Beef Barley (as available)

### *Chicken*

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#### **Garlic Brown Sugar Baked Chicken**

with apple glazed sweet potatoes,  
brussel sprouts and a baked good

#### **Garlic Thyme Roasted Chicken Quarter**

with green beans, herb potatoes and  
a baked good

#### **Chicken Breast Stuffed with Challah Stuffing & Onion Gravy**

with potato latkes, broccoli florets and applesauce

#### **Sliced Turkey with Apple Glaze**

with stuffing, cranberry glazed carrots and  
applesauce

### *Beef*

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#### **BBQ Meatloaf**

with beets, broccoli & carrots and a baked good

#### **Sesame Beef with Peppers**

with pineapple carrots, brown rice and a  
piece of fresh fruit

#### **Meatballs in Sweet and Sour Sauce**

with vegetable blend savory onion kugel and  
canned fruit

#### **Sliced Brisket with Mushroom Sauce**

with kasha bowties, baked apples and  
a baked good

#### **Garden Beef Stew**

wide noodles, peas and fresh fruit