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

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

FULL MENU ON BACK >
Catered Home Delivered Meals
Fall 2022/ Winter 2023

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Menu

Fish

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

Chicken

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

Other

Cheese Lasagna/Rollup
broccoli, cauliflower & carrot medley, baked apple and a baked good

Ratatouille
with potato latke, baked pears and applesauce

Blinztes 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

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

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

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

8-Ounce Containers $6 each

Soups

- Tomato Soup
- Split Pea Soup
- Chicken Matza Ball Soup
- Garden Vegetable Soup
- Potato Leek Soup
- Mushroom Barley Soup or Beef Barley (as available)

Cheese Lasagna/Rollup
broccoli, cauliflower & carrot medley, baked apple and a baked good

Ratatouille
with potato latke, baked pears and applesauce

Blinztes 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

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

Garden Beef Stew
wide noodles, peas and fresh fruit