

Presents...

CATERED HOME DELIVERED MEALS

Menu

Order meals on Monday,
Tuesday, or Wednesday
from 9:00am - 4:00pm:
Call 856-424-1333 EXT. 1162
or email meals@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

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Fish

Tilapia with Creamy Dill Sauce

*Green beans almandine, vegetable
couscous, and applesauce*

Panko-Crusted Tilapia

*Green beans, scalloped potatoes, and fruit
cocktail*

Italian Baked Fish with Tomato & Olive Sauce

*Sauteed garlic spinach, diced carrots,
couscous, and fruit cocktail*

Vegetarian

Ravioli with Roasted Red Pepper Sauce

Broccoli, corn, and fruit cocktail

Cheddar and Broccoli Omelet

*Scalloped tomatoes, diced potatoes with
peppers & onions, and fresh fruit*

Baked Ziti with Spinach

*Warm spiced peaches, mixed vegetables,
and a baked treat*

Spanish Omelet

*Home fries, corn, red peppers, and fruit
cocktail*

Cheese Blintzes with Cherry Compote

*Carrots, green beans, sour cream, and fresh
fruit*

Soups

8-Ounce Containers - \$6 each

Lentil

Minestrone

Chicken Matzo Ball

Garden Vegetable

Cream of Broccoli Mushroom

Barley

Beef Barley

Chicken

Chicken with Mushroom Marsala Sauce

*Spinach & carrots, wide noodles, and fruit
cocktail*

Honey Mustard Baked Chicken Quarter

*Peas & onions, whipped potatoes, and a baked
treat*

Herb-Roasted Chicken Quarter

*Herb gravy, peas & carrots, mashed potatoes,
and fresh fruit*

Caramelized Onion Chicken

Glazed carrots, sweet kugel, and applesauce

Sliced Turkey with Rosemary Gravy

*Whipped sweet potatoes, peas & carrots, and a
baked treat*

Beef

Traditional Meatloaf with Gravy

*Peas & carrots, whipped potatoes, and fresh
fruit*

Hearty Beef & Vegetable Stew

Bow tie pasta, green beans, and applesauce

Sweet & Sour Meatballs

*Mixed vegetables, brown rice with bell
peppers, and fruit cocktail*

Beef Brisket with Tomato Gravy

*Kasha & bowties, mixed vegetables,
and fresh fruit*

Pasta Bolognese

Broccoli, mixed vegetables, and a baked treat