

MAYERSON JCC KOSHER CHOICE MENU

Name: _____

Number of Meals: _____



Route: _____

Delivery Day: _____

Meat - Chicken Entrée

M1	Apricot Chicken (Breast), Israeli Couscous, Carrots	
M2	Baked Chicken Schnitzel Noodles, Peas	
M3	BBQ Chicken (Breast), Baked Beans & Succotash	
M4	Chicken Cacciatore, Couscous & Italian Green Beans	
M5	Chicken Strips, Kashi and Vegetable Medley	
M6	Cranberry Chicken (Breast), Apple Stuffing & Snap Peas	
M7	Herb Roasted Chicken (thigh), Sweet Potato Casserole, Capri Blend Vegetables	
M8	Oven Fried Chicken (thigh), Roasted Red Potatoes, Prince Charles Blend Vegetables	
M9	White Bean Chicken Chili, Whole Wheat Roll & Corn	
M10	* CHILLED* Chicken Salad Wrap, with Cucumber & Tomato Salad and Potato Salad w/ Red & Green Peppers & Onions	
M11	* CHILLED* Chicken Taco Salad, with Tortilla Chips, Lettuce, Tomatoes, Onions & Black Olives	

M22	CHEF'S CHOICE MEAT ENTRÉE	
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CHEF'S CHOICE ENTRÉE: If you cannot decide or choose too few meals, Chef will choose for you.

Meat - Beef Entrée

M12	Beef Tips on Whole Wheat Noodles, with Oregon Blend Vegetables	
M13	Brisket, Mashed Potatoes w/Gravy & Green Beans	
M14	Cabbage Roll (Beef & Rice), Mashed Potatoes & Zucchini	
M15	Cincinnati Style Chili, with Spaghetti & Snap Peas	
M16	Meatloaf w/ Gravy, Garlic Mashed Potatoes & Carrots	
M17	Open Faced Roast Beef w/ Gravy, Mashed Potatoes & Vegetable Medley	
M18	Stuffed Pepper (Beef & Rice), Mashed Potatoes & Seasoned Corn	

Meat - Turkey Entrée

M19	Roast Turkey w/ Gravy, Stuffing & Capri Blend Vegetables	
M21	Spaghetti w/ Turkey Meat Sauce, Broccoli	



Please complete both sides

Dairy - Seafood Entrée

D1	Baked Fish, with Rice Pilaf & Squash Medley	
D2	Louisiana Tilapia, with Succotash, Red Beans & Rice	
D3	* CHILLED* Bagel, Lox & Cream Cheese, with Vegetable Soup, Tomato Onion & Cucumber	
D4	* CHILLED* Tuna Salad on Challah Roll, with Vegetable Soup, Lettuce, Tomato & Onion	

Dairy - Vegetarian Entrée

D5	(2) Cheese Blintzes, with Potato Pancake & Cream Spinach	
D6	Cheese Omelet, Hash Brown Potatoes & Vegetarian Sausage	
D7	Roasted Vegetable Lasagna with White Sauce, Garlic Bread & Green Beans	
D8	Quiche with Broccoli & Cheddar Cheese, with Hash Brown Potatoes	
D9	* CHILLED* Egg Salad on Challah Roll, with Matzo Ball Soup and Sweet & Sour Slaw	

D10	CHEF'S CHOICE DAIRY ENTRÉE	
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CHEF'S CHOICE ENTRÉE: If you cannot decide or choose too few meals, Chef will choose for you.

Questions? Call:
Phone # **(513) 792-5667**

This facility uses items or products that may contain or come in contact with these allergens: milk, egg, fish, tree nuts, peanuts, wheat, soy and sesame.

*** CHILLED Entrée : Maximum of two per week. Must be eaten within two days of delivery.**

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Fruit - 1 per meal

Fresh Apple	
Fresh Orange	
Fresh Pear	
Peaches (diced)	
Pineapple Tidbits	
Fruit Cocktail	
Applesauce	
Low Sodium V8 (100%)	
Apple Juice (100%)	
Orange Juice (100%)	
No Fruit	
Chef's Choice	

Juice - 1 per meal

Apple Juice (100%)	
Orange Juice (100%)	
No Juice	
Chef's Choice	

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Bread - 1 selection per week

100% Whole Wheat - 1/2 loaf	
Rye - 1/2 loaf	
Whole Grain White - 1/2 loaf	
Whole Wheat Rolls	
No Bread	
Chef's Choice	

Condiments - 1 per meal

Catsup	
Honey Mustard	
Margarine	
Mayonnaise	
Mustard	
Pickle Relish	
Sour Cream	
Tartar Sauce	
No Condiments	
Chef's Choice	

Desserts / Snacks - 1 per meal

Animal Cookies [Dairy]	
Bear Cookies (Cinnamon Grahams) [Dairy]	
Fig Newton [Dairy]	
Honey Nut Scooter (single serve cereal) [Parve]	
Mini Pretzels [Parve]	
Oatmeal Raisin Cookie [Dairy]	
Oreos [Dairy]	
Saltine (2/pkg) [Parve]	
Strawberry Oatmeal Bar [Dairy]	
Sugar Cookie [Dairy]	
Sugar Free Lemon Cookie [Dairy]	
Sugar Free Chocolate Chip Cookie [Dairy]	
Toasty O's Cereal (single serve cereal) [Parve]	
No Desserts/Snacks	
Chef's Choice	



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Please complete both sides

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Complete meal consists of: 3 oz protein, 1 cup vegetable, 1 fruit or fruit cup (4 oz.), 4 oz juice, 2 servings bread or starch.

The JCC reserves the right to make substitutions and changes without notice.