

# Meals on Wheels Menu

**Frozen Kosher ready meals  
straight to your freezer**

All meals are suitable for heating in a microwave or oven

Please email [mealsonwheels@jcare.org](mailto:mealsonwheels@jcare.org)  
to book your next delivery



## Mains Poultry



Roast Chicken & Gravy **C**  
£8.84



Chicken Chasseur  
£8.84



Chicken Schnitzel **G** **E**  
£9.21



Sliced Turkey in Gravy **G** **E**  
£8.65

### Allergen Key

<b>B</b> Barley	<b>F</b> Fish	<b>Mm</b> Matza meal	<b>Ss</b> Sesame seeds
<b>C</b> Celery	<b>G</b> Gluten	<b>N</b> Nuts	<b>S</b> Soya
<b>E</b> Eggs	<b>M</b> Milk	<b>P</b> Peanuts	<b>W</b> Wheat

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## Mains Beef



**Braised Steak with Gravy**  
£9.25



**Cottage Pie (Beef)** **E**  
£7.76



**Meatballs in Tomato Sauce** **G** **E**  
£7.46



**Spaghetti Bolognese** **G**  
£7.76

## Allergen Key

<b>B</b> Barley	<b>F</b> Fish	<b>Mm</b> Matza meal	<b>Ss</b> Sesame seeds
<b>C</b> Celery	<b>G</b> Gluten	<b>N</b> Nuts	<b>s</b> Soya
<b>E</b> Eggs	<b>M</b> Milk	<b>P</b> Peanuts	<b>W</b> Wheat

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## Mains Fish



Grilled Salmon **F S E G**  
£9.32



Fisherman's Pie **F G S**  
£7.92



Fried Cod **F E G**  
£7.92



Fried Haddock **F G E**  
£7.92

## Allergen Key

<b>B</b> Barley	<b>F</b> Fish	<b>Mm</b> Matza meal	<b>Ss</b> Sesame seeds
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<b>E</b> Eggs	<b>M</b> Milk	<b>P</b> Peanuts	<b>W</b> Wheat

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## Mains Vegetarian



**Vegetarian Casserole**  
**£7.77**



**Vegetarian Lasagne** **G** **S**  
**£7.77**



**Vegetarian Schnitzel** **G** **E** **S**  
**£7.77**



**Vegetarian Mushroom Omelette** **E**  
**£7.77**

## Allergen Key

<b>B</b> Barley	<b>F</b> Fish	<b>Mm</b> Matza meal	<b>Ss</b> Sesame seeds
<b>C</b> Celery	<b>G</b> Gluten	<b>N</b> Nuts	<b>s</b> Soya
<b>E</b> Eggs	<b>M</b> Milk	<b>P</b> Peanuts	<b>W</b> Wheat

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# Soups



Chicken Soup with Lockshen **G** **C** **S**  
£1.91



Tomato Soup **s**  
£1.91



Leek & Potato Soup **s**  
£1.91



Vegetable Soup **s**  
£1.91



Barley Soup **B** **s**  
£1.91

## Allergen Key

<b>B</b> Barley	<b>F</b> Fish	<b>Mm</b> Matza meal	<b>Ss</b> Sesame seeds
<b>C</b> Celery	<b>G</b> Gluten	<b>N</b> Nuts	<b>s</b> Soya
<b>E</b> Eggs	<b>M</b> Milk	<b>P</b> Peanuts	<b>W</b> Wheat

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