

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
to book your next delivery



Mains Poultry



Roast Chicken & Gravy
£8.84



Chicken Chasseur
£8.84



Chicken Schnitzel
C G E Mm W £9.21



Sliced Turkey in Gravy
G E Mm W 8.65

Allergen Key

B Barley	F Fish	Mm Matza meal	Ss Sesame seeds
C Celery	G Gluten	N Nuts	S Soya
E Eggs	M Milk	P Peanuts	W 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 Mm W £7.46



Spaghetti Bolognese **G W**
£7.76

Allergen Key

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

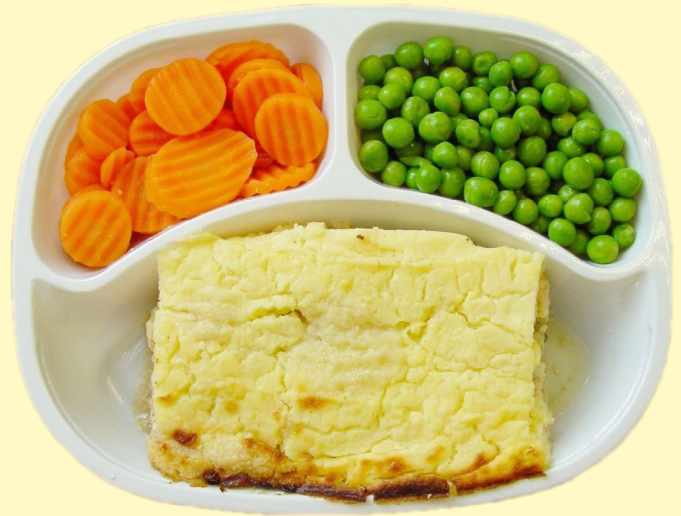
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Mains Fish



Grilled Salmon

C F S E G W £9.32



Fisherman's Pie

F G S W £7.92



Fried Cod

F E G W £7.92



Fried Haddock

F G E Mm W £7.92

Allergen Key

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

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Mains Vegetarian



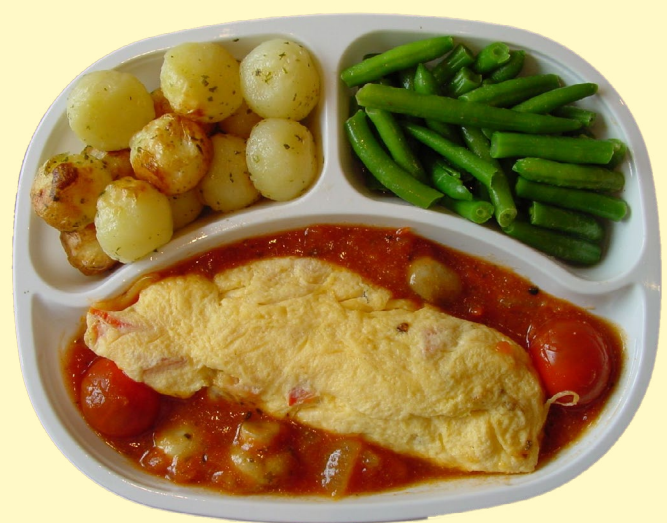
Vegetarian Casserole
£7.77



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



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



Vegetarian Mushroom Omelette **E**
£7.77

Allergen Key

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

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Soups



Chicken and Noodles Soup

G C S W £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 Barley	F Fish	Mm Matza meal	Ss Sesame seeds
C Celery	G Gluten	N Nuts	s Soya
E Eggs	M Milk	P Peanuts	W Wheat

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