



MONDAY MENDY'S

Order BEFORE 11am Friday

Entree (\$3 extra) (Dairy)

- ☐ **Onion Soup** (V)

Main (Dairy)

- ☐ **Fried Fish**
with rice & vegetables
- ☐ **Tuna Lasagne**
with legumes & vegetables
- ☐ **Cheesy Eggplant Moussaka** (V)
with rice & vegetables
- ☐ **Spinach Lasagne** (V)
with rice & vegetables
- ☐ **Pasta Pomodoro** (V)
with legumes & vegetables
- ☐ **Mushroom Blintzes** (V)
with legumes & vegetables
- ☐ **Zucchini Bake** (V)
with legumes & vegetables

Dessert (\$3 extra) (Pareve/ Dairy Free)

- ☐ **Chocolate Brownie** (V)
- ☐ **Tinned Fruit Compote** (GF, V)

Ensure Plus 200ml (Dairy)

- ☐ **Chocolate** ☐ **Vanilla**



WEDNESDAY SOUL GOURMET

Order BEFORE 11am Monday

Entree (\$3 extra) (Pareve/ Dairy Free)

- ☐ **Minstrone Soup** (V)
- ☐ **Pumpkin Soup** (GF, V)
- ☐ **Potato Latkes** (2 per serve)

Main (Dairy Free)

- ☐ **Roast Beef** (GF)
with potatoes & vegetables
- ☐ **Baked Salmon** (GF)
with mash & vegetables
- ☐ **Beef Patties and Fried Onion**
with potatoes & vegetables
- ☐ **Spaghetti Bolognese**
with peas & vegetables
- ☐ **Sweet & Sour Chicken** (GF)
with rice & vegetables
- ☐ **Chicken Schnitzel**
with mash & vegetables
- ☐ **Roast Chicken** (GF)
with potatoes & vegetables
- ☐ **Butter Chicken**
with rice & vegetables

Dessert (\$3 extra) (Pareve/ Dairy Free)

- ☐ **Cup Cake** (V)
- ☐ **Tinned Fruit Compote** (GF, V)

Ensure Plus 200ml (Dairy)

- ☐ **Chocolate** ☐ **Vanilla**



FRIDAY PITA MIX

Order BEFORE 11am Wednesday

Entree (\$3 extra) (Dairy Free)

- ☐ **Chicken Soup with Matzo Ball**
- ☐ **Vegetable Soup** (V)

Main (Dairy Free)

- ☐ **Brisket**
with mash & vegetables
- ☐ **Baked Salmon** (GF) (P)
with mash & vegetables
- ☐ **Fried Fish Balls** (P)
with rice & vegetables
- ☐ **Beef Meatballs** (GF)
in tomato sauce, with rice
- ☐ **Beef Goulash** (GF)
with rice & vegetables
- ☐ **Chicken Schnitzel**
with mash & vegetables
- ☐ **Roast Chicken**
with mash & vegetables
- ☐ **Chicken Paprika Strips** (GF)
with rice & vegetables

Dessert (\$3 extra) (Pareve/ Dairy Free)

- ☐ **Carrot Cake** (V)
- ☐ **Home Made Fruit Compote** (GF, V)

Ensure Plus 200ml (Dairy)

- ☐ **Chocolate** ☐ **Vanilla**



Thank you for choosing COA Kosher Meals Delivered. To get the most out of this service, please take a few moments to familiarise yourself with our ordering procedure and food preparation recommendations below.

Food Preparation

FRESH MEALS

Keep them in your refrigerator for up to 2 days prior to consuming or freeze them for later.

FROZEN MEALS

For best results, frozen meals should be thawed prior to heating. This can be done by leaving them in the refrigerator overnight or with the "defrost" function of your microwave oven.

After thawing, meals should be consumed within 24 hours and should not be frozen again.

We suggest reheating chicken schnitzel in the oven.

MICROWAVE

Meals: Pierce the plastic film with a fork and microwave on high for 1-2 minutes. If more heating is needed, put the food back in for 30 seconds at a time until properly heated. Wait 1 minute and remove the plastic, carefully to avoid any steam that escapes.

Soups: Always remove the lid from the soup container before heating in the microwave! Heat on high for 1 minute. If more heat is needed, repeat for 30 seconds at a time.

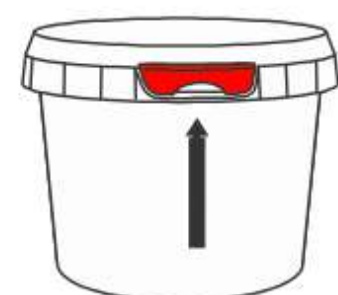
CONVENTIONAL OVEN

Meals: Pre-heat your oven to 160-180°C and place the meal in for 10 minutes.

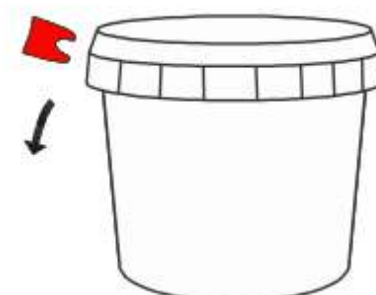
The plastic seal may be left on the container during heating.

Soups: Transfer the soup into a saucepan and heat on your stovetop until hot, but not boiling.

Opening Soup



1. Find this plastic tab



2. Break off the tab



3. Lift off the top part

Ordering

Orders may be placed by phoning COA on (02) 9389 0035 or by sending an email to meals@coasydney.org

Eastern suburbs: Orders should be placed no later than 11am, two working days before the requested delivery. Choose items from the section of the menu corresponding to the delivery day.

North, West and South suburbs: Deliveries are sent to these areas only once a week. Please place your order at least one week in advance so you can select items from the entire menu. If you order later in the week, some sections of the menu may not be available for the next delivery.

Orders may be placed on a once-off basis, or you can request a regular order that repeats every week until you call to change or cancel.

Changes and Cancellations

If you have placed an order and need to change or cancel it, we would appreciate at least 2 working days' notice.

Feedback

We welcome your feedback, comments or suggestions as it helps us improve our service for the whole community.

Please call COA on (02) 9389 0035 and ask for our Meals Coordinator or email meals@coasydney.org