

Kleinlife Caters to Your Health

KleinLife's Home Delivered Meals is adding health conscience kosher-style meals to their menu options from *Chef2Home* by Metz.

These delicious meals include:

- Diabetes Friendly
- Heart Healthy
- Low Sodium
- General Wellness

Tasty kosher catered & volunteer-made kosher-style meals are also available.

Place your order by calling
215-698-7300 x150.

Kleinlife

10100 Jamison Avenue
Philadelphia PA, 19116

215-698-7300 • info@kleinlife.org



Kleinlife Home Delivered Meals Sample Menus

Pick your meals based on your personal needs.

CATERED MEALS

Chef2Home by Metz • \$5/meal (kosher style)

**Meal Types: Diabetes Friendly (DF), Low Sodium(LS),
Heart Healthy (HH), General Wellness (GW)**

- Meatloaf w/Marinara Mixed Vegetables & Mashed Potatoes^{DF,LS,GW}
- Stuffed Shells w/Blush Sauce, Brussel Sprouts, Corn^{DF,HH,GW}
- Fajita Chicken, Peppers & Onions, Corn, Brown Rice Pilaf^{DF,LS,HH,GW}
- Sweet & Sour Chicken, Mixed Vegetables, Broccoli, Brown Rice Pilaf^{DF,LS,GW}
- Turkey Stir Fry, Asian Vegetables, Corn, Brown Rice Pilaf^{HH,GW}
- Santa Fe Corn & Black Beans w/Brown Rice Pilaf & Broccoli^{LS,HH,GW}



BETTY'S CATERER • \$6/meal (kosher)

- Salisbury Steak w/Mashed Potatoes, Peas & Carrots
- Penne Pasta & Meatballs w/Scalloped Apples
- Honey Garlic Chicken w/Roasted Red Bliss Potatoes
- Chicken & Broccoli Stir-Fry
- Sliced Turkey w/Savory Herb Gravy
- Garlic Butter Ravioli w/Spinach and Carrots
- Swiss-Spinach Frittata w/O'Brien Potatoes
- Baked Fish w/Tarragon Sauce & Brussels Sprouts

VOLUNTEER COOKED MEALS

Cook For a Friend • \$3.99/meal (kosher style)

- Beef Stuffed Roasted Peppers
- Beef Brisket w/Potato Pancakes
- Chicken Breast w/Potatoes & Green Vegetables
- Breaded Chicken Tenders w/Rice & Fruit
- Blintz w/Vegetables & Fruit
- Salmon Filet w/Rice & Vegetables



Jewish Federation
of Greater Philadelphia

PCA
PHILADELPHIA CORPORATION FOR AGING™