

Kosher Menu

Your choice is our priority!



Cleveland: 216.292.2003

Columbus: 614.252.4813

Toll Free: 1.888.928.2323

Email: help@globalmeals.com

Website: www.globalmeals.com

Welcome to Global Meals!

We understand the value of staying independent and the role a home delivered meals program can play in someone's life. By providing nutritious, delicious meals with a variety of flavors from around the globe, we help our consumers achieve healthy, independent lifestyles.

Global Meals provides home delivered meals to consumers across all of Ohio and we work with multiple funding sources.

We're confident you'll love our meals and are excited to have you as part of our Global Meals family!

Let's get started!

Certified Statewide:

PASSPORT, MyCare Ohio, Ohio Home Care Waiver Program: (866) 243-5678
Ohio DODD: (800) 617-6733

Certified by County:

Franklin County Office on Aging: (614) 525-6200
Cuyahoga County Division of Senior & Adult Services: (216) 420-6700
McGregor PACE, Cuyahoga County: (216) 791-3580

How to contact us:

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FAQ about Global Meals

What is Kosher? Kosher is a Biblical directive specifying laws permitting certain food items and ways of preparing them.

What foods are permitted? **Meat** - only animals that have split hooves and chew cud. **Fish** - only species that have both fins and scales. **Fruits & Vegetables** - all types, except those prone to infestation

Why are all fruits and vegetables thoroughly washed and checked by the rabbi? Jewish law (according to the bible) forbids the consumption of insects or anything that crawls on the ground. Fruits and vegetables that are prone to infestation must be checked by a Rabbi to ensure that there are no insects embedded in any of the leaves.

Why can't we serve or cook meat and dairy products together? Jewish law states that "You shall not cook a young goat in the milk of its mother." This means that meat and dairy foods may not be combined.

Why is kosher meat salted and soaked? Jewish law forbids a Jewish person to eat blood. Therefore, all meat has to be processed and purged to ensure that all blood is extracted.

What is Global Meals' hygiene and food safety policy? We are committed to ensuring good hygiene standards and temperature control are maintained at all times during processing and delivery of all our meals. We are using the latest technology to ensure that you receive high quality kosher meals with a guarantee that the food received is safe and hygienic.

Can I drink milk with my meal?

No, Jewish law prohibits drinking milk with meat and recommends waiting six hours between eating meat and subsequently drinking milk.

Do you have all the required certifications?

Yes. Global Meals can provide individual meal's Kosher Certification upon your request.

What if I cannot be home for my delivery?

In the event you are hospitalized or going out of town, please contact our office to cancel your meals prior to your delivery day.

Can someone else sign for my delivery?

YES! But only with your case manager's authorization. Please contact your case manager before your delivery day and request for a written authorization to be sent directly to Global Meals by fax 614-228-1746 or email at help@globalmeals.com for approval of a designated person to sign for your meals.

How do I contact Global Meals?

Please contact our customer care team and your questions will be answered promptly.

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Getting Started with Home Delivery

YOU WILL RECEIVE:

14 MEALS
WEEKLY or BI-WEEKLY

(If you qualify for 7 meals per week, you will receive 14 meals every other week.)

or

10 MEALS
WEEKLY or BI-WEEKLY

Standard Menu Rotation:

DELIVERY 1: Frozen Gourmet Dinners & Signature Brunch

DELIVERY 2: Shelf Stable Gourmet Dinners & Global Delicatessen

DELIVERY 1: Frozen Gourmet Dinners

DELIVERY 2: Signature Brunch w/Blocks Bagels

DELIVERY 3: Shelf Stable Gourmet Dinners

DELIVERY 4: Global Delicatessen

10-Meal pack delivery will include any week* from the menu and an additional 3-meal variety pack.

*Vegan Week is only available as 7-meal pack

We suggest starting with our **Standard Menu Rotation**, which includes the most popular weeks. After trying the standard rotation, you may choose to combine any weeks in this brochure to create your own custom meal plan.

You can also select different add-ons for dairy, juice, fruits/vegetables, and bread!

Your choice is our priority!

DAIRY OPTIONS:

Part of rotation:

- 2% Milk

On request:

- Skim Milk
- Whole Milk
- Buttermilk
- Kefir
- Soy Milk
- Almond Milk

JUICE OPTIONS:

Part of rotation:

- Orange
- Apple

On request:

- Tomato

FRUIT & VEGETABLE OPTIONS:

Part of rotation:

Variety of canned fruit and vegetables, see back of brochure for choices.

On request:

- Fresh Apples
- Fruit Cups (Peaches, Pears, or Mixed Fruit)

BREAD OPTIONS:

Part of rotation:

- Light Rye Bread

On request:

- Dark Rye Bread

Kosher Dinners

Frozen Gourmet Dinners

Eggplant Parmesan & Tomato Sauce Breaded Eggplant Cutlets topped with Mozzarella Cheese and Marinara Sauce

Sweet & Sour Chicken with Rice & Vegetables Boneless Chicken in a Sweet & Sour Sauce over Rice with Oriental Vegetables

Lemon Chicken with Rice and Vegetables Crispy Chicken Breast in a Citrus Sauce with Vegetables over Rice

Salisbury Steak & Gravy with Mashed Potatoes Steak in a rich Brown Gravy served with creamy Mashed Potatoes

Sesame Chicken Lo Mein with Vegetables Tender Chicken with Vegetables in a light Sesame Sauce served over Lo Mein Noodles

Chicken Mediterranean in Seasoned Sauce Boneless Chicken in a Seasoned Sauce with Red and Green Peppers over Rice Pilaf

Cheese Lasagna with Marinara Sauce Layers of Lasagna and Ricotta Cheese covered in Marinara Sauce and Mozzarella Cheese

Delivery includes half gallon of 2% milk, rotation of orange and apple juice, loaf of rye bread, stick of butter and a dessert. Available as a 10-meal pack.

Shelf Stable* Gourmet Dinners

Bone-In Chicken with Potatoes Bone-in Chicken with Carrot Tzimmes, Potato Kugel and Farfel

Sliced Turkey Breast Served with Potatoes Turkey Breast Slices served with Potatoes

Chicken Meatballs with Rice & Mushrooms Chicken Meatballs in a Light Sauce with Mushrooms served over Rice

Italian-Style Beef Meatballs & Spaghetti Italian-style Meatballs with Spaghetti covered in a Marinara Sauce

Beef & Lamb Kebab with Quinoa & Pimento Savory Beef and Lamb Kebab served on bed of Quinoa and Pimento Strips

Beef Pepper Steak with Rice & Vegetables Strips of Steak in a Brown Sauce with Red and Green Peppers served over Rice

Beef Stuffed Cabbage & Gravy Cabbage stuffed with Beef and covered with Tomato Gravy

Delivery includes half gallon of 2% milk, rotation of orange and apple juice, loaf of rye bread, stick of butter and a dessert. Available as a 10-meal pack.

*Shelf-stable meals do not require refrigeration.

Kosher Specialty Weeks

Choose any weeks in the brochure for your menu plan.

FEATURING
BLOCK'S
BAGELS

Our bagels are all natural, no preservatives! For best results keep refrigerated.

Signature Brunch

Bagel and Lox Gourmet Smoked Salmon served with a delicious bagel

Sliced Gourmet Cheese Our variety of sliced Cheeses makes a great meal on its own, and is also delicious on our gourmet bagel

Gourmet Chicken or Turkey Breast Variety of sliced smoked or grilled chicken or turkey breast with a delicious bagel

Bagel and Cream Cheese Enjoy this tasty brunch favorite

French Dip & Chips French Onion Dip with Baked Potato Chips

Red Sockeye Salmon Canned 100% Wild Alaskan Salmon served with a gourmet bagel

Signature Brunch Meal of the Week Rotation of our favorite Signature Brunch meals

Delivery includes half gallon of 2% milk, rotation of orange and apple juice, bag of plain bagels, stick of butter, sour cream, assorted fruit cups, canned fruit or vegetable, and a dessert. Available as a 10-meal pack.

On request:

- Everything Bagels
- Blueberry Bagels

Each 16oz bag contains 4 big bagels, pre-sliced and ready for the toaster.



Global Delicatessen

Blintzes with Cheese All natural Cheese-filled Crepes

Pierogies A tasty pasta shell filled with Potato and Onions or Potato and Cheddar

Potato Pancakes All Natural traditional Latkes

Blintzes with Potato All natural Potato and Onion-filled Crepes

White Fish & Gefilte Fish in a tasty jelled broth, a delicatessen favorite

Stuffed Cabbage Beef Stuffed Cabbage in rich Tomato Sauce

Barley & Mushroom Soup Rich and aromatic, loaded with mushrooms, barley and vegetables

Delivery includes half gallon of 2% milk, rotation of orange and apple juices, a stick of butter, loaf of rye bread, sour cream, assorted fruit cups, canned fruit or vegetable, and a dessert. Available as a 10-meal pack.



Kosher Soups

Customize your meal plan with any combination of weeks!

Tabatchnick Comfort Soups

New York Chicken with Noodles and Vegetables A sophisticated mix of seasonings, broth, vegetables and pasta

Chicken Noodles and Dumplings The ultimate comfort food – for lunch, dinner, or anytime

New England Potato This regional soup is a longtime family favorite, with Cheese Blintzes and sour cream

Tomato Basil Soup Miles from the canned tomato soup of your childhood, aromatic, savory and delicious

Barley Mushroom Soup Rich and aromatic, served with two of our high-protein Cheese Blintzes topped w/sour cream

Corn Chowder Soup Thick and creamy, loaded with corn and chunky potatoes

Zesty Vegetarian Chili Flavorful and packed with fiber with a blend of savory flavor and zestful seasonings

Delivery includes half gallon of 2% milk, rotation of orange and apple juice, a stick of butter, pack of bagels, sour cream, package of blintzes, and a dessert. Available as a 10-meal pack.

Tabatchnick Vegetarian Soups

Black Bean Soup Hearty and robust, packed with protein, this soup is a meal in itself

Split Pea Soup Rich and delicious, packed with fiber and protein, the perfect light lunch no matter what the season

Corn Chowder Soup Thick and creamy, loaded with corn and chunky potatoes

Tomato Basil Soup Miles from the canned tomato soup of your childhood, aromatic, savory and delicious

Barley Mushroom Soup Rich, aromatic, and full of flavor, each spoonful is better than the last

New England Potato Soup Filling and flavorful, a longtime family favorite in the Northeast and beyond

Vegetarian Chili Soup Hearty meatless Soup with just the right amount of spice

Delivery includes half gallon of 2% milk, rotation of orange and apple juice, a stick of butter, pack of bagels, sour cream, package of blintzes, and a dessert. Available as a 10-meal pack.

FEATURING
BLOCK'S
BAGELS

On request:

- Everything Bagels
- Blueberry Bagels

Our bagels are all natural, no preservatives! For best results keep refrigerated.



Each 16oz bag contains 4 big bagels, pre-sliced and ready for the toaster.

Check out our new delicious fruit and vegetable options on the back cover!

Kosher Vegetarian & Vegan

Vegetarian Delicatessen

Blintzes with Cheese All natural Cheese-filled Crepes

Pierogies A tasty pasta shell filled with Potato and Onions or Potato and Cheddar

Potato Pancakes All Natural traditional Latkes

Blintzes with Potato All natural Potato and Onion-filled Crepes

Mac & Cheese Delicious, cheese pasta dish

Spinach & Broccoli Blintzes All natural spinach & broccoli filled crepes

Barley & Mushroom Soup Rich and aromatic, loaded with mushrooms, barley and vegetables

Delivery includes half gallon of 2% milk, rotation of orange and apple juice, a stick of butter, loaf of rye bread, sour cream, assorted fruit cups, canned fruits or vegetables, and a dessert. Available as a 10-meal pack.

Vegetarian Dinners

Eggplant Parmesan & Tomato Sauce Breaded Eggplant Cutlets topped with Mozzarella Cheese and Marinara Sauce

Cheese Lasagna with Marinara Sauce Lasagna with Ricotta Cheese, covered with Marinara Sauce and Mozzarella Cheese

Spinach and Broccoli Blintzes All natural spinach & broccoli filled crepes

Linguine with Chinese Style Vegetables Linguine in a light sauce with steamed vegetables

Vegetarian Spaghetti and Meatballs Covered in a rich Tomato Sauce on a bed of delicious Spaghetti

Mac & Cheese Delicious cheese pasta dish, Fruit Cup

Vegetarian Salisbury Steak cutlet in a rich brown Salisbury Gravy, served with Organic Mashed Potatoes and Corn

Delivery includes half gallon of 2% milk, rotation of orange and apple juice, loaf of rye bread, stick of butter and a dessert. Available as a 10-meal pack.

Vegan Dinners

Vegan Breaded Chicken-Style Cutlet Covered in a rich Mushroom Sauce served with Tri-Color Pasta

Minestrone (no salt or sugar added) Tender pasta and fresh vegetables, combined with the perfect seasonings

Vegan Meatless Italian Shell Pasta Pasta Shells served with Sun Dried Tomatoes in a rich sauce with a Vegetable Medley

Barley Mushroom Soup (no salt or sugar added) Rich, aromatic, and full of flavor

Veal-Style Schnitzel in Sauce served with Basmati Rice and Corn

Zesty Vegetarian Chili A hearty meatless soup with just the right amount of spice

Vegan Moroccan Chicken w/Couscous served with Whole Wheat Couscous, Steamed Vegetables

Delivery includes a half gallon of milk (Soy or Almond), rotation of orange and apple juice, and a loaf of rye bread. (Only available as a 7-meal pack)



Delicious VEGETABLES

and Cherries

We are bringing you amazing vegetable choices from Bulgaria. You can use these vegetables hot or cold as your side dish, as a pasta topping, a vegetable dip, or simply enjoy on a slice of bread or bagel!

- Zucchini Ratatouille** Sautéed zucchini cubes in tomato sauce
- Pepper Ratatouille** Sautéed red peppers halves in tomato sauce
- Mediterranean Appetizer** Fried eggplant rings & pepper strips
- Eggplant Ratatouille** Chopped eggplant in sweet & sour sauce
- Sour Cherry Compote** Cherries with pits in light syrup
- Israeli Cucumbers** Sour and delicious, great choice for our cafe style meals

Call our office
to select one of
these options!
1-888-928-2323

