

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

Getting Started with Home Delivery

You will create your meal plan rotation with us by choosing any of the weeks in this menu.

Call our customer service team to create your meal plan today!



1-888-928-2323

YOU WILL RECEIVE:

14 MEALS or 10 MEALS
WEEKLY or BI-WEEKLY

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

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

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

* Global Meals may change the meals in your delivery based on availability.

ALL DELIVERIES INCLUDE:

- 1 or 2- Loaf of Bread
- 2- Sticks of Butter
- 2- Containers of Juice
- 1- Container of Milk
- 1- Package of Cheese
- Complimentary Kosher Desserts or Condiments of our choosing

DAIRY OPTIONS:

Standard Delivery: 2% Milk

MILK OPTIONS

- Skim Milk • Soy Milk
- Buttermilk • Almond Milk
- Kefir

CHEESE OPTIONS:

- Cottage Cheese

JUICE OPTIONS:

Standard Delivery:

- Orange • Apple

On request:

- Tomato

FRUIT & VEGETABLE OPTIONS:

On request only:

- Tomatoes
- Pickles
- Tomato & Pickles
- Assorted Jams
- Apple Sauce
- Fresh Apples (Seasonal)

BREAD OPTIONS:

Standard Delivery:

- 100% Wheat or White Sandwich Bread

FAQ about Global Meals

ABOUT KOSHER 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 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 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.

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.

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.

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 Kosher Certification for individual meals upon your request.

ABOUT ORDERING & DELIVERY:

When do you deliver? We deliver weekly or bi-weekly on the same day within a 2-3 hours' time frame. If there is a problem with the delivery due to unforeseen circumstances, we will contact you to arrange an alternative date or time.

How many meals will I receive? The number of meals you receive is authorized by your case manager. We will deliver 10-14 meals weekly or bi-weekly.* Clients who are authorized for 7 meals per week will receive 14 meals every other week. - **We understand how important your meal delivery is, particularly during the COVID-19 pandemic. If you need more meals during the pandemic, contact your case manager to request more meals.**

How do I order, or make a change to my order? You can order by phone or email at help@globalmeals.com. We suggest you call once every month to make changes to your menu selection.

Can I skip a delivery? YES! Just call or email to let us know you want to skip a delivery and we will put your meals on hold until you are ready to resume your delivery.

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.

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.

How do I contact Global Meals? Please contact our customer care team and your questions will be answered promptly.
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Website: www.globalmeals.com

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

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

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

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

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

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

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

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

***Shelf-stable meals do not require refrigeration.**

Kosher Specialty Weeks

Kosher Vegetarian

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

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

Kosher Vegetarian also includes assorted fruit cups, canned fruits or vegetables.

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

Soup of the Week Rotation of our favorite Tabatchnick Soups

COMFORT SOUP delivery includes sour cream, package of blintzes.

Tabatchnick Vegetarian Soups

Vegetarian Chili Soup Hearty meatless Soup

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

Mac & Cheese Delicious, cheese pasta dish

Soup of the Week Rotation of two of our favorites, Black Bean Soup or Split Pea soup

VEGETARIAN SOUP delivery includes sour cream, package of blintzes.

Kosher Signature Brunch

Create your own *Signature Brunch!*

Call one of our helpful customer service representatives and design your own brunch by selecting a total of 7 proteins from our delicious list of choices, any combination, to be delivered with your dairy, bread, fruit and vegetable options.

You may select multiples of the same protein or mix and match, as long as there are 7 total! For example, maybe you want 1 Turkey Breast, 1 Canned Tuna, 1 Cottage Cheese, 2 Smoked Salmon, 1 Yogurt, 1 Farmer Cheese. **As long as there are 7 total, you choose!**

EACH 7-MEAL BOX CONTAINS:

- 7 Proteins You Select
- 7 assorted fruit cups
- 7 assorted fruit & vegetable pouches
- Loaf of sandwich bread (white or wheat)
- Package of Crepes
- Stick of Butter
- Dairy Option
- Fruit Juice
- Kosher Dessert or Snack



First, start by —→ **selecting 7 of your favorite proteins.**

You may mix and match or select multiples of the same item from these choices, as long as there are seven total!

Call us at 1-888-928-2323 to get started!

- ___ Turkey Breast
- ___ Sliced Cheese
- ___ Cream Cheese
- ___ Farmer Cheese
- ___ Cottage Cheese (choose two per order, counts as one selection)
(Plain, Low Fat, Vegetable, Pepper)
- ___ Yogurt (choose two per order, counts as one selection)
(Plain or Fruit Yogurt)
- ___ Ryazhenka (baked yogurt)
- ___ Hummus (Classic or Flavor-of-the-Month)
- ___ Smoked Salmon
- ___ Herring
- ___ Canned Salmon
- ___ Canned Sardines
- ___ Canned European Sprats
- ___ Canned Tuna
- ___ Crepes w/Cheese & Berries



Next, our customer service representative will confirm your selections and add this custom week to your meal deliveries. It's that easy!

*The new generation of
home-delivered meals*

**Serving over 15,000
consumers across Ohio!**

