

# Kosher Menu

## *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!*

*The new generation of home-delivered meals*



# Getting Started

## with Home Delivery

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.)

### 7-MEAL PACK INCLUDES:

- 7 Meals in each week
- 1 loaf of Bread
- 1 stick of Butter
- 1 container of Juice
- 1 container of Milk

### 10-MEAL PACK INCLUDES:

- Everything in the 7-meal pack PLUS:
- 3 popular meals from the Menu
- 2 Fruit Servings
- 2 Cheese Sticks

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

### Certified Statewide:

PASSPORT, MyCare Ohio, Ohio Home Care Waiver Program: (844) 644-6582  
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

### DAIRY OPTIONS:

- 2% Milk
- Skim Milk • Soy Milk
- Buttermilk • Almond Milk
- Kefir • Sour Cream
- Hot Chocolate
- Cottage Cheese

### JUICE OPTIONS:

- Orange
- Apple
- Tomato

### FRUIT & VEGETABLE OPTIONS:

- Pickles
- Red Peppers
- Mediterranean Appetizer
- Pitted Sour Cherries
- Dry Apricots
- Dry Figs
- Fresh Apples (Seasonal)

### BREAD OPTIONS:

- 100% Wheat Bread
- 100% White Bread
- Instant Oatmeal

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



## FAQ

**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.

**How do I order, or make a change to my order?** You can order by phone or email at [help@globalmeals.com](mailto:help@globalmeals.com). Please make any order changes at least 3 business days in advance of your delivery.

**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](mailto: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.

**Toll Free: 1-888-928-2323**

**Cleveland: 216-292-2003**

**Columbus: 614-252-4813**

**Fax: 614-228-1746**

**Email: [help@globalmeals.com](mailto:help@globalmeals.com)**

**Website: [www.globalmeals.com](http://www.globalmeals.com)**

# Kosher Dinners

## Kosher Classic

**Vegetable Stuffed Peppers** with Tomato Sauce, Green Beans, and Bowtie Noodles

**Chicken in a Pot** Boneless Chicken Breast, with Peas, Matzah Balls in a savory Broth

**Roast Turkey Breast** in Gravy with Sweet Potatoes and Peas

**Beef Stuffed Cabbage** with Sweet and Sour Sauce, Peas and Carrots

**Chicken Chow Mein** with Egg Rolls, cooked with Rice and Vegetables in Sauce

**Beef Meatballs & Spaghetti** with Tomato Sauce and Peas

**Salisbury Steak & Gravy** with Mashed Potatoes, Corn and Peas

## Kosher Gourmet

**Yankee Style Pot Roast** with Gravy, Mashed Potatoes, Carrots and Peas

**Cheese Ravioli** Jumbo Ravioli with Green Beans and Peas, covered with Tomato Sauce

**Herbed Roasted Chicken Breast** with Gravy, Carrot Tzimmes and Egg Barley

**Homestyle Beef Meatloaf** with Brown Gravy, Potato Pudding, Peas and Carrots

**Eggplant Parmigiana** sliced Eggplant topped with Cheese and Sauce, Spaghetti, Carrots and Peas

**Salmon Patties** with Mashed Potatoes, mixed Peas, Corn and Carrots

**Brisket of Beef** with Gravy, Noodle Kugel, and Green Beans

## Kosher Vegetarian

**Vegetable Lasagna** with Sauce, Cheese, Carrots and Corn

**Crepes with Choco and Hazelnut** classic French Crepes filled with delicious Chocolate and Hazelnut

**Cheese Ravioli** Jumbo Ravioli with Green Beans and Peas covered with Tomato Sauce

**Crepes with Cheese** All natural Cheese-filled Crepes

**Vegetable Stuffed Peppers** with Tomato Sauce, Green Beans, and Bowtie Noodles

**Peirogies** tasty Pasta Shell filled with Potato and Roasted Onions

**Eggplant Parmigiana** sliced Eggplant topped with Cheese and Sauce, Spaghetti, Carrots and Peas

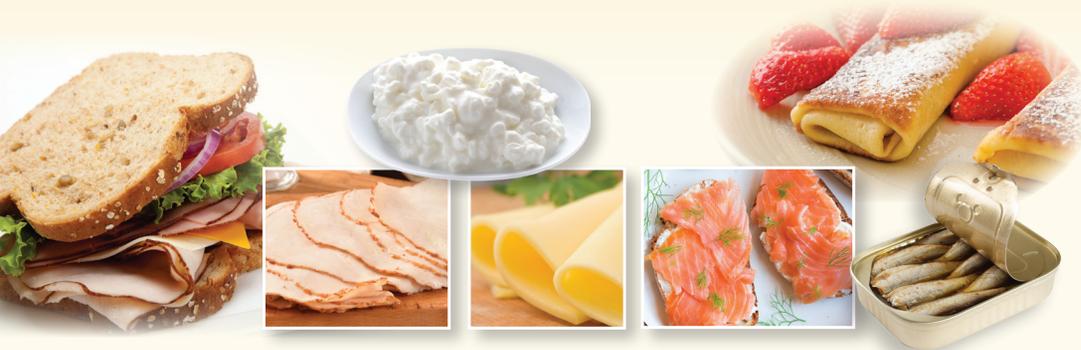


Create your own

# Kosher Signature Brunch

Call and design your own brunch week by selecting a total of **7 proteins** from our delicious list of choices, any combination, to be delivered with your dairy, bread, fruit or vegetable options.

- |   |  |
|---|--|
| <input type="checkbox"/> Turkey Breast            | <input type="checkbox"/> Herring                       |
| <input type="checkbox"/> Sliced Cheese            | <input type="checkbox"/> Canned Salmon                 |
| <input type="checkbox"/> Cream Cheese             | <input type="checkbox"/> Canned Sardines               |
| <input type="checkbox"/> Farmer Cheese            | <input type="checkbox"/> Canned European Sprats        |
| <input type="checkbox"/> Cottage Cheese           | <input type="checkbox"/> Crepes w/Cherries             |
| <input type="checkbox"/> Ryazhenka (baked yogurt) | <input type="checkbox"/> Crepes w/Apples & Cinnamon    |
| <input type="checkbox"/> Smoked Salmon            | <input type="checkbox"/> Crepes w/Chocolate & Hazelnut |



## EACH 7-MEAL BOX CONTAINS:

- 7 Proteins You Select
- Fruit or Vegetable items
- Loaf of sandwich bread (white or wheat)
- Package of Crepes
- Stick of Butter



# Nutrition INFORMATION



CHICKEN MEALS	CAL	FAT	CARBS	FIBER	SODIUM
Chicken In a Pot	210	4.5	17	6	340
Chicken Chow Mein	370	8	38	3	1120
Herb Roasted Chicken Breast	390	11	45	7	730
TURKEY MEALS	CAL	FAT	CARBS	FIBER	SODIUM
Roast Turkey Breast	420	10	46	6	800
BEEF MEALS	CAL	FAT	CARBS	FIBER	SODIUM
Beef Stuffed Cabbage	320	4.5	60	8	640
Beef Meatballs & Spaghetti	430	8	51	6	400
Salisbury Steak & Gravy	330	11	34	5	690
Homestyle Beef Meatloaf	400	21	30	5	860
Brisket of Beef	420	16	34	3	970
Yankee Style Pot Roast	340	11	28	5	530
SEAFOOD MEALS	CAL	FAT	CARBS	FIBER	SODIUM
Salmon Patties	440	22	32	4	300
VEGETARIAN MEALS	CAL	FAT	CARBS	FIBER	SODIUM
Vegetable Stuffed Peppers	250	2.5	40	6	750
Cheese Ravioli	420	15	52	5	980
Eggplant Parmigiana	440	17	53	8	880
Vegetable Lasagna	430	14	56	4	1180
Crepes with Chocolate and Hazelnut	300	12	43	1	250
Crepes with Cheese	210	5	35	0	330
Crepes with Cherry	220	3.5	41	0	240
Crepes with Apple and Cinnamon	180	3.5	32	0	290
Pierogies with Potato	250	2	51	1	220