

Storing and Heating:

- Keep your meals frozen until required. We recommend you thaw your meal in the refrigerator prior to heating.
- Conventional oven - preheat to 150°C. Heat with lid on for approx. 25 - 35 mins in centre of oven. Test and continue to heat until food reaches desired temperature.
- Microwave oven - containers are microwave safe but lids must be loosened. Place meal in the centre of the oven - not touching the sides. Heat food for 3 - 4 minutes and test. Continue heating as desired.

Delivery & Payment:

- We deliver free of charge within an 8 km radius of our premises.
- Payments may be cash or cheque to the driver. Credit card payments can be made by phoning to the office.



Prices:

	1-4 Meals	5 + Meals
Pensioner	\$ 9.00	\$ 8.50
Non-Pensioner	\$11.00	\$10.50

\$1 Lamb meals and Chicken Soup with Kneidlach are \$1.00 extra each

Our nutritious home-style meals can be delivered straight to your door* or picked up from our home. Delivery days are Monday, Wednesday and Friday.

(* Within an 10km radius from our premises)

Trading hours:

Monday to Thursday 8:00am - 3:30pm
Friday 8:00am - 3:00pm
Saturday CLOSED
Sunday 9:00am - 1:00pm



119 Cresswell Road
DIANELLA WA 6059

Kosher Food Services

Maurice ZeFFert Home (Inc)
Phone: (08) 9375 4600
Fax: (08) 9276 1250
E-mail: mzh@mzh.org.au
Web: www.mzh.org.au

Single Serve Meals Product Guide

 Kosher Food Services



Tel: (08) 9375 4600

Single Serve Meals

One meal consists of a main meal plus either a soup or a dessert.

PAREV SOUPS	MEAT MAIN MEALS	MILK MAIN MEALS	MILK DESSERTS	PAREV DESSERTS
Carrot	Beef Curry Rice	Broccoli / Cauliflower Bake	Apple Clafouti	Apple Amber
Dutch Pea	Beef Roast	Broccoli Quiche	Apple Slice	Apple Crumble
Lentil	Beef Schnitzel	Eggplant Bake	Bread & Butter Pudding	Apple/Coconut Pudding
Minestrone	Beef Stew	Fish Baked	Creamed Rice	Baked Apple
Pea	Beef Cabbage Rolls	Fish Florentine	Peach Clafouti	Choc/Self Sauce Pudd
Potato & Leek	Beef Cottage Pie	Fish Fried	Rice Pudding	Compote
Pumpkin	Beef Lasagne	Fish Mornay		Date Pudding
Pumpkin Cauliflower	Chicken Apricot	Lentil Burgers	DIABETIC DESSERTS	Fruit Crumble
Sweet Potato	Chicken Patties in Mushroom Sauce	Lochshen (Noodles) & Cheese	Creamed Rice	Fruit Jelly
Vegetable			Rice Pudding	Fruit Salad
	Chicken Casserole	Mushroom Quiche		Peach Amber
	Chicken Honey Soy	Spinach Quiche		Peach Crumble
	Chicken Roast	Tuna Casserole		Peach Pudding
	Chicken Schnitzel	Tuna Patties		Pineapple Amber
MEAT SOUPS	Lamb Curry/Rice +\$1	Vegetable Lasagne		Rhubarb
Chicken Clear	LaLamb Cutlets +\$1	Vegetable Moussaka	PAREV	Rhubarb Crumble
Chicken & Lochshen	Lamb Stew +\$1	Vegetable Patties	DIABETIC DESSERTS	Steamed Pudding
Chicken & Vegetable	Meat Balls	Vegetable Quiche	Apple Crumble	
Chicken & Kneidlach +1	Meat Loaf	Zucchini Stuffed	Fruit Crumble	
	Sausage Sauce		Peach Crumble	
	Savoury Mince		Rhubarb	
	Spaghetti Bolognaise		Rhubarb Crumble	
	Tongue			