

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 a 10 km radius of our premises.
- Payments may be cash or cheque to the driver. Credit card payments can be made by phoning the office.



Prices:

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

Note: we reserve the right to increase our prices from time to time & alter our menu items - this brochure is to be used as a guide only.

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



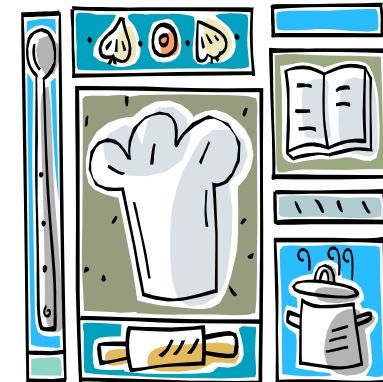
119 Cresswell Road
DIANELLA WA 6059

Kosher Food Services

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