

MENU

January 2024

MONDAY	WEDNESDAY	FRIDAY
Order BEFORE 10:00am Friday	Order BEFORE 11:00am Monday	Order BEFORE 11:00am Wednesday
<p style="text-align: center;">Mendy's</p> <p>FISH</p> <p><input type="checkbox"/> Fried Fish with rice & vegetables</p> <p><input type="checkbox"/> Tuna Lasagne with legumes & vegetables</p> <p>VEGETARIAN</p> <p><input type="checkbox"/> Cheesy Eggplant Moussaka with mash & vegetables</p> <p><input type="checkbox"/> Spinach Lasagne with mash & vegetables</p> <p><input type="checkbox"/> Pasta Pomodoro with legumes & vegetables</p> <p><input type="checkbox"/> Mushroom Blintzes with legumes & vegetables</p> <p><input type="checkbox"/> Zucchini Bake with legumes & vegetables</p>	<p style="text-align: center;">Soul Gourmet</p> <p>MEAT</p> <p><input type="checkbox"/> Roast Beef with potatoes and vegetables</p> <p><input type="checkbox"/> Beef Patties and Fried Onion with potatoes and vegetables</p> <p><input type="checkbox"/> Spaghetti Bolognese with peas and vegetables</p> <p>CHICKEN</p> <p><input type="checkbox"/> Roast Chicken with potatoes and vegetables</p> <p><input type="checkbox"/> Chicken Schnitzel with mash and vegetables</p> <p><input type="checkbox"/> Sweet & Sour Chicken with rice and vegetables</p> <p>FISH</p> <p><input type="checkbox"/> Baked Salmon with mash and vegetables</p> <p><input type="checkbox"/> Fried Fish with mash and vegetables</p>	<p style="text-align: center;">Pita Mix</p> <p>MEAT</p> <p><input type="checkbox"/> Beef Meatballs in tomato sauce, with mash</p> <p><input type="checkbox"/> Beef Goulash with rice & vegetables</p> <p><input type="checkbox"/> Brisket with mash & vegetables</p> <p>CHICKEN</p> <p><input type="checkbox"/> Chicken Schnitzel with mash & vegetables</p> <p><input type="checkbox"/> Roast Chicken with mash & vegetables</p> <p><input type="checkbox"/> Chicken Paprika Strips with rice & vegetables</p> <p>FISH</p> <p><input type="checkbox"/> Baked Salmon with mash & vegetables</p> <p><input type="checkbox"/> Fried Fish Balls with rice & vegetables</p>
Soups and Desserts: one item may be ordered free of charge with each main meal. Extra items may be ordered at additional cost.		
<p><input type="checkbox"/> Vegetable & Barley Soup</p> <p><input type="checkbox"/> Cake</p> <p><input type="checkbox"/> Fruit Compote</p>	<p><input type="checkbox"/> Chicken Soup</p> <p><input type="checkbox"/> Vegetable Soup</p> <p><input type="checkbox"/> Pumpkin Soup</p> <p><input type="checkbox"/> Cake</p> <p><input type="checkbox"/> Fruit Compote</p>	<p><input type="checkbox"/> Chicken Soup with matzo ball</p> <p><input type="checkbox"/> Vegetable Soup</p> <p><input type="checkbox"/> Cake</p> <p><input type="checkbox"/> Fruit Compote</p>
<p>Nutritional Supplements (may be ordered with any delivery) - <input type="checkbox"/> Ensure Plus 200ml — Chocolate <input type="checkbox"/> Ensure Plus 200ml — Vanilla</p>		



Thank you for choosing **COA** Kosher Meals On Wheels!

To get the most out of this service, please take a few moments to familiarize yourself with our ordering procedure and food preparation recommendations below.

Food Preparation

FRESH MEALS: These may be kept in your refrigerator for up to 2 days prior to consuming or may be frozen for later.

FROZEN MEALS: For best results, frozen meals should be thawed prior to heating. This can be done by leaving them in the refrigerator overnight or with the “defrost” function of your microwave oven. After thawing, meals should be consumed within 24 hours and should not be frozen again.

MICROWAVE

Meals: Pierce the plastic film with a fork and microwave on High for 1-2 minutes. If more heating is needed, put the food back in for 30 seconds at a time until properly heated. Wait 1 minute and remove the plastic, being careful to avoid any steam that escapes.

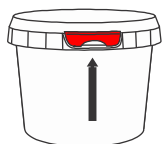
Soups: Always remove the lid from the soup container before heating in the microwave! Heat on High for 1 minute. If more heat is needed, repeat for 30 seconds at a time.

CONVENTIONAL OVEN

Meals: Pre-heat your oven to 160-180°C and place the meal in for 10 minutes. The plastic seal may be left on the container during heating.

Soups: Transfer the soup into a saucepan and heat on your stovetop until hot, but not boiling.

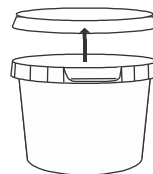
How to open the soup containers



1. Find this plastic tab



2. Break off the tab



3. Lift off the top part

Ordering

Orders may be placed by phoning COA on (02) 9389 0035 or by sending an email to e.garth@coasydney.org

Eastern suburbs of Sydney: Orders should be placed no later than 11:00 am, two working days before the requested delivery. Choose items from the section of the menu corresponding to the delivery day.

North, West and South suburbs: Deliveries are sent to these areas only once a week, so you should place your order at least one week in advance so you can select items from the entire menu. If you order later in the week, some sections of the menu may not be available for the next delivery.

Orders may be placed on a once-off basis, or you can request a regular order that repeats every week until you call to change or cancel.

Changes and Cancellations

If you have placed an order and need to change or cancel it, we would appreciate at least 2 working days' notice.

Feedback

If you have comments, complaints, suggestions, or just want to tell us what an amazing job we're doing, please call COA on (02) 9389 0035 and ask to speak with our Meals Coordinator. We welcome all feedback, as this helps us to improve our service for the benefit of the whole community.