



OVEN ROASTED

Roasted Chicken Bottoms
BBQ Chicken
Half Roasted Chicken
Brisket
Salisbury Steak
Spinach Capons

GRILLED

Natural Grilled Chicken Cutlet
Herb Grilled Chicken Cutlet
Baby Chicken Skewer
Lemon Baby Chicken

FISH

Garlic Dill Salmon
Grilled Salmon
Moroccan Salmon

Baked Salmon

RICE

Mushroom Rice

Dill Rice

Brown Rice

SOUP

Chicken Soup

Lentil Soup

Healthy Vegetable Soup

Mushroom Barley Soup

Vegetable Soup

DIPS & SALAD

Grilled Babaganoush

Diet Cucumber Salad

Diet European Cucumber Salad

Health Salad

Diet Beet Salad

Diet Tuna Salad

Tahina

Spicy Tehina

Diet Israeli Red Cabbage Salad

All Fresh Poultry and Fresh Beef is allowed amount depending on your plan