

Our friendly knowledgeable staff can help tailor-make a menu plan that meets your specific needs.

For more information, current menus, or to place an order, please contact the Kosher Meals On Wheels office at 613.722.2225, ext. 315 or kmow@jfsottawa.com.



Jewish Family Services Ottawa
Thelma Steinman Senior Support Services

Kosher Meals on Wheels



300-2255 Carling Avenue
Ottawa, ON K2B 7Z5
613.722.2225
www.jfsottawa.com
kmow@jfsottawa.com



Kosher Meals On Wheels is always looking for replacement drivers! If you can spare 45 min–1 hr on Monday and/or Friday mornings to ensure this vital service can continue, please contact the KMOW office.

Consider making a gift of meals to a loved one who is convalescing, welcoming a new baby, or has been spending too much time working.

Kosher Meals On Wheels is a program of the Thelma Steinman Seniors Support Services unit, a beneficiary of:



and private donors.



Jewish Family Services of Ottawa
Centre juif des services familiaux d'Ottawa

The Thelma Steinman Seniors Support Services unit at Jewish Family Services provides several options for Kosher food security. Whether you are no longer able to manage food preparation on your own, or just want a break from cooking, our diverse menu is sure to please any palate.



Most of the special dietary needs of seniors and convalescents can be accommodated, such as no-salt, sugar-free, or puréed meals.

Prices are very reasonable, include delivery, and are billed monthly to a credit card.

In addition to being prepared under strict Kosher supervision, our meals also meet all Halal dietary requirements.

Fresh Fridays

Our 4-week rotating menu offers two choices of entrée each week and changes with each season. Fish options suitable for some vegetarians can also be made available. Meals are prepared and packaged under OVH supervision.

Each meal includes:

Challah roll
Chicken soup
Entrée choice, starch, and vegetable
(together in an oven-ready package)
Fruit
Piece of cake

Cost: Adults \$12.00
Seniors \$10.00

This program is available on Fridays only.

Deliveries are generally between 10 and 11 am, by a friendly volunteer from the community.

Orders must be placed by 12:00 noon on Wednesdays.

Frozen Meals

An extensive menu of beef, poultry, veal, fish, and vegetarian meals is available for pick up at a moment's notice, or can be delivered on a weekly basis. Choices include traditional comfort foods and recipes, prepared under MK supervision and shipped from Montreal.

Each meal includes:

2 slices of bread
Entrée choice, starch, and vegetable
(together in an oven-ready package)
Fruit

Cost: \$8.00

These meals are delivered on Mondays, generally between 10:15 and 11:00 am, by a friendly volunteer from the community.

Orders must be placed by 7:30 am on Mondays for same day delivery.

Hospital Meals

JFS is pleased to be serving many of the local hospitals and long-term care facilities with Kosher meals.

Arrangements should be made directly with the hospital, at their expense, by requesting Kosher meals at the time of admission.