



CJE SeniorLife delivers a delicious selection of freshly frozen kosher entrées, breakfasts and soups right to your door. Satisfying and nutritious, our chef-prepared meals are affordable and easy to serve.

- All meals are CRC-approved.
- Kosher to Go® meals are delivered Monday through Friday. Meals are delivered frozen and are easily re-heated in a microwave or conventional oven (preferred method).
- 2000 calories per day is used for general nutrition advice, but calorie needs vary.
- Additional Nutrition Information available upon request.
- Minimum of seven entrées per order. A delivery charge of \$5 will be applied.
- Orders must be placed by 11 am the day prior to delivery.

CALL 773.508.1000 TO START YOUR SERVICE TODAY!

ENTRÉES

Oven Roasted Turkey Breast	349 cal 14 oz	\$10.35
with Gravy, Sweet Potatoes, Green Beans		
Lake Superior Whitefish	365 cal 11 oz	\$10.15
with Lemon, Steamed Red Potatoes, Sliced Carrots		
Fresh Trout Fillet	446 cal 11 oz	\$10.00
with Lemon, Brown Rice, Green Beans		
Oven Fried Chicken	785 cal 14 oz	\$9.85
with Mashed Potatoes, Green Peas		
Herbed Chicken Leg	553 cal 14 oz	\$9.85
with Rice Pilaf, Zucchini Squash		
Salmon Patty	500 cal 11 oz	\$9.75
with Lemon, Egg Noodles, Summer Squash		
Meatloaf	453 cal 14 oz	\$9.65
with Gravy, Duchess Potatoes, Zucchini with Red Peppers		
Green Pepper Stuffed	378 cal 14 oz	\$9.50
with Ground Beef, Mashed Potatoes, Sliced Carrots		
Macaroni & Cheese	403 cal 14 oz	\$9.35
with Carrots & Peas		
Chicken Nuggets	438 cal 11 oz	\$9.35
with Seasoned Potato Wedges, Green Beans		
Bowtie Pasta	432 cal 14 oz	\$9.35
with Meat Sauce, Green Beans		
Beef Knish	902 cal 11 oz	\$9.35
with Roasted Potatoes, Capri Vegetables		
Cheese Blintz	415 cal 11 oz	\$9.35
with Fruit Compote, Hash Browns		

HOMEMADE SOUPS

Matzo Ball meat	78 cal 10 oz	\$3.00
Chicken Noodle meat	101 cal 10 oz	\$2.75
Chicken Broth meat	11 cal 10 oz	\$2.75
Mushroom Barley meat	132 cal 10 oz	\$2.75
Tomato dairy	80 cal 10 oz	\$2.75
Vegetarian Minestrone dairy	502 cal 10 oz	\$2.75

BREAKFAST ENTRÉES

Pancakes	571 cal 11 oz.	\$8.75
with Fruit Compote & Scrambled Eggs		
Cheese Omelet	366 cal. 11 oz.	\$8.50
with Sautéed Peppers, Mushrooms & Hash Browns		
Scrambled Eggs	558 cal. 11 oz.	\$8.50
with Cheese Potatoes & Peaches		
French Toast	432 cal. 11 oz.	\$8.50
with Baked Apple Wedges & Hash Browns		

BAKERY

Chocolate Brownie	210 cal 2 oz
Half Dozen \$12 • Each \$2	
Chocolate Chip Cookies	90 cal 2.5 oz
Half Dozen \$12 • Each \$2	
Oatmeal Raisin Cookies	100 cal 2.5 oz
Half Dozen \$12 • Each \$2	
Bagels	320 cal 4 oz
Half Dozen \$6 • Each \$1	
Challah Rolls	360 cal 4 oz
Half Dozen \$6 • Each \$1	
Sliced Bread (Wheat/Rye/White/Challah)	60 cal 1 oz
Loaf \$4	
Cinnamon Buns	350 cal 3.8 oz
Half Dozen \$12 • Each \$2	
Sweet Rolls	350 cal 3.8 oz
Half Dozen \$12 • Each \$2	



3003 West Touhy Avenue | Chicago IL
www.cje.net | 773.508.1000

CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.





Special Diet Menu

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RENAL DIET ENTREES

Roast Turkey with Gravy, Stuffing, Green Beans Almondine	369 cal 14 oz	\$10.35
Catch of the Day with Pinto Beans, Green Beans	676 cal 9 oz	\$10.00
Fish Sticks with Whole Wheat Couscous, Orange Basil Carrots	590 cal 10.5 oz	\$9.75
Turkey Veal Patty Marsala	401 cal 9 oz	\$9.75
Chicken Fajita with Spicy Black Beans, Spanish Rice	389 cal 16 oz	\$9.50
Chicken Tetrazzini	437 cal 14 oz	\$9.50

LOW SODIUM ENTREES

Catch of the Day with Pinto Beans, Green Beans	676 cal 9 oz	\$10.00
Honey Mustard Chicken with Red Potatoes, Kernel Corn	391 cal 11 oz	\$9.75
Turkey Veal Patty Marsala	401 cal 9 oz	\$9.75
Chicken & Rice Stuffed Peppers with Butternut Squash, Carrots in Pineapple Sauce	503 cal 15 oz	\$9.50
Chicken Fajita with Spicy Black Beans, Spanish Rice	389 cal 16 oz	\$9.50
Beef and Bean Chili	406 cal 16 oz	\$9.50

MECHANICAL ENTREES

Roast Turkey with Gravy, Stuffing, Green Beans Almondine	369 cal 14 oz	\$10.45
Catch of the Day with Pinto Beans, Green Beans	676 cal 19 oz	\$10.10
Chicken Marsala with Parsley Potatoes, Capri Vegetables	101 cal 10 oz	\$9.75
Turkey Burger with Roasted Potato Wedges, Peas & Carrots	411 cal 9.5 oz	\$9.75

PUREED ENTREES

Lake Superior Whitefish with Lemon, Steamed Red Potatoes, Mixed Vegetables	365 cal 11 oz	\$10.25
Herbed Chicken Leg with Rice Pilaf, Zucchini Squash	553 cal 14 oz	\$9.95
Meatloaf with Gravy, Duchess Potatoes, Zucchini with Red Pepper	453 cal 14 oz	\$9.75
Macaroni & Cheese Steamed Carrots, Pears	403 cal 14 oz	\$9.45
Scrambled Eggs with Cheese Potatoes, Peaches	558 cal 11 oz	\$8.60



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