



**MY OWN MEAL® KOSHER REFRIGERATION-FREE MEALS
PACKAGED IN 10 OUNCE MICROWAVEABLE TRAYS**

MY OWN MEALS, INC., (MOM) creators of REFRIGERATION-FREE, kosher certified meals, is proud to offer you its fine products in **microwaveable, boilable** trays. Prepare within minutes in the microwave or boiling water. These meals remain “fresh” on the shelf for up to 3 years from production.

BEEF STEW: A satisfying, delicious stew! It has chunks of beef, with potatoes, sweet peppers, tomatoes, cabbage, zucchini, chickpeas and carrots in a flavorful sauce.

OLD WORLD STEW: Chunks of beef, with brown rice, tomatoes, zucchini and pinto beans. The sauce is seasoned with the aromatic flavors of the Middle East.

MY KIND OF CHICKEN®: A favorite combination! Tender chicken breast meat with brown rice, peas and carrots are in a mild sauce.

CHICKEN MEDITERRANEAN: Enjoy a taste of the Middle East and Mediterranean! Tender chicken breast meat, tomatoes, potatoes, chickpeas, and black olives are in a tangy sauce.

CHICKEN & BLACK BEANS: A scrumptious meal with tender chicken breast meat, black & kidney beans, tomatoes, potatoes, in sweet peppers and corn. Simple spicing brings out its full flavor!

CHICKEN & NOODLES: A winning combination! Tender chicken breast meat with Kluski noodles, peas and carrots are in a lightly seasoned sauce.

FLORENTINE LASAGNA: A meal influenced by the tastes of Florence. Small lasagna noodles in a tomato sauce with Parmesan and Ricotta cheeses, spinach and pinto bean pieces for added texture and protein. (Dairy)

CHEESE TORTELLINI: Our cheese-filled tortellini are perfect in a thick, seasoned tomato sauce, flavored with Parmesan cheese, with the added protein of pinto beans. Simply delicious! (Dairy)

PASTA WITH GARDEN VEGETABLES: This delicious and robust meal has rotini pasta with a pepper, mushroom, zucchini and tomato medley. It's perfectly flavored with traditional, Italian seasonings. (Pareve)

VEGETARIAN STEW: A meal fit for vegetarian and hearty eater alike! With macaroni, vegetables, potatoes, barley, lentils, sunflower kernels and seasonings, this meal has great taste and a variety of textures. (Pareve)

NUTRITIONAL VALUES FOR EACH MEAL

<u>NAME OF EACH DELICIOUS MEAL:</u>	<u>CAL</u>	<u>FAT</u>	<u>SAT TRANS</u>		<u>CHOLE- STEROL</u>	<u>SODIUM</u>	<u>TOTAL</u>			<u>PERCENT OF DAILY VALUE</u>				
			<u>FAT</u>	<u>FAT</u>			<u>CARBO</u>	<u>FIBER</u>	<u>SUGAR</u>	<u>PROTEIN</u>	<u>VIT A</u>	<u>VIT C</u>	<u>CALCIUM</u>	<u>IRON</u>
BEEF STEW	350	18g	6.0g	0g	60mg	460mg	30g	4g	4g	17g	50%	60%	6%	15%
OLD WORLD STEW	410	20g	7.0g	0g	65mg	490mg	38g	4g	2g	19g	6%	15%	6%	15%
MY KIND OF CHICKEN®	330	10g	2.0g	0g	60mg	610mg	36g	3g	3g	21g	70%	4%	4%	8%
CHICKEN MEDITERRANEAN	310	10g	1.5g	0g	45mg	610mg	35g	6g	5g	21g	6%	20%	8%	15%
CHICKEN & BLACK BEANS	300	8g	1.5g	0g	40mg	600mg	36g	7g	3g	21g	10%	60%	6%	15%
CHICKEN & NOODLES	300	9g	1.5g	0g	70mg	780mg	31g	3g	3g	21g	90%	8%	4%	10%
FLORENTINE LASAGNA	280	6g	3.0g	0g	15mg	770mg	42g	4g	3g	14g	35%	30%	20%	15%
CHEESE TORTELLINI	320	8g	2.5g	0g	15mg	910mg	50g	5g	7g	14g	15%	25%	35%	25%
PASTA WITH GARDEN VEGETABLES	220	5g	0.5g	0g	0	670mg	38g	4g	6g	7g	45%	60%	8%	15%
VEGETARIAN STEW	280	9g	1.0g	0g	0	690mg	43g	8g	3g	10g	15%	45%	6%	20%

