

- Braised Veal in Mushroom Gravy, Potatoes, Sliced Zucchini
- Salisbury Steak w/ Shell Pasta, Green Beans & Red Pepper
- Beef Goulash, w/ Mashed Potato & Vegetable Medley
- Brisket of Beef w/ Roast Potato, Peas and Carrots
- Boiled Beef w/ Parsley, Potato, and Sliced Zucchini
- Fillet of Sole, w/ Lemon Parsley Sauce, Shell Pasta & Green Beans

Vegetarian Dinners
No Salt Added, No Dairy

(All dinners are Kosher)

- Vegetarian Stuffed Cabbage With Tomato Sauce, Pasta, Green Beans & Red Pepper
- Breaded Vegetable Cutlet With Mushroom, Sauce, Rice, Peas & Sliced Carrots
- Eggplant Creole With Tomato Sauce, Bow Tie Pasta, Green Beans & Red Pepper
- Veg Stuff Peppers In Tomato Sauce, Bow Tie Pasta, Green Beans & Red Pepper
- Vegetarian Spaghetti With Sauce, Sliced Carrots, Green Beans

Vegetarian Dinners
With Dairy

(All dinners are Kosher)

- Baked Ziti, Broad Green Beans
- Manicotti, Broccoli, Green Beans
- Stuffed Shells, Peas & Mushrooms
- Cheese Lasagna, Peas & Mushrooms

Breakfast Menu

No Salt Added

(All meals are Kosher)

- Mushroom Omelet with potatoes
- Spanish Omelet with potatoes
- Plain Omelet - No Salt Added with potatoes
- Scrambled Eggs with potatoes
- Pancakes with Marmalade
- Cheese Omelet with potatoes
- Cheese Blintzes
- Cereal

Puree Dinners

No Salt Added

(All dinners are Kosher)

- Puree of Chicken, Mashed Sweet Potato & Green Beans
- Puree of Beef, Mashed Potatoes & Peas
- Puree of Fish, with Savory Mashed Potato & Pureed Carrots

Contact Us:

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Russian

European

American

and Kosher

Meals



Amazing Meals

from

Russian Tradition

Home Delivered Meals

Regular, Diet, Kosher and Vegetarian

www.russiantraditionmeals.com

Russian Tradition

Home Delivered Meals

Russian Tradition provides home delivered meals in the tradition of Russian/European, American and Kosher cuisine.

Meals are delivered once a week at a time convenient for clients, and will contain fully balanced nutritional meals for 7 days. We deliver 7 or 14 meals (according to your service plan).

Our weekly menu, developed by a licensed dietician, includes 7 frozen dinners, 64 ounces of milk, fresh fruit or 32 ounces of juice. A loaf of bread and a container of butter are delivered every other week. All food items will double for 14 meals. You can mix and match meals from different food groups. The menu, which contains a variety of nutritional meals, is different every day within a 4 week time period. Main dishes are prepared from fresh, low fat ingredients, without chemical additives, low in sugar and salt, and will be delivered frozen for convenient storage and heating. The menu is subject to change without notice with approval of the dietician. Substitution of meals is available upon request. Shelf stable menus are also available.

Passport, Medicaid Waiver, and Senior Option certified.

***Check our menus and latest
Russian Tradition news
at
www.russiantraditionmeals.com***

From Russian Tradition

Russian/European Dinners

Each entrée will include a vegetarian side dish and pasta, rice, potato or buckwheat.

- Baked fish
- Chicken stew
- Veal Meatballs
- Chicken lula kebab
- Chicken soup with matzo ball
- Chicken "Kiev"
- Stuffed cabbage with veal, chicken, and rice
- Dumplings with farmers' cheese and cherries or other berries
- Crepes with chicken or beef
- Beef stew
- Turkey or chicken breast cutlets
- Veal franks
- German franks
- Smoked salmon
- Crepes with farmers' cheese and apples or blueberries
- Veal and chicken pierogies
- Farmers' cheese
- Chicken "Tabaka"
- Beef cutlets
- Roast turkey
- Boiled chicken
- Dumplings with cheese
- Braised chicken
- Chicken meatballs
- Gefilte fish
- Chicken meatloaf

From Amazing Meals

Traditional Gourmet Dinners

(All dinners are Kosher)

- Boneless Roast Chicken w/ Gravy & Carrot Tzimmes & Rice Pilaf
- Boiled Chicken Bottom in the Pot, w/ Matzo Balls & Garden Vegetables
- Roast Turkey w/ Gravy, Sweet Potato, String Beans Almandine
- Pot Roast of Beef w/ Gravy, Potato Kugel, and Vegetable Medley
- Salisbury Steak w/ Gravy, Whipped Potatoes, Seasoned Carrots
- Meat Balls in Tomato Sauce, Spaghetti, and Green Beans
- Fillet of Sole, w/ Lemon Parsley Sauce, Shell Pasta, and Green Beans
- Chicken Soup with matzo balls

Traditional Gourmet

Diet Dinners

No Salt Added

(All dinners are Kosher)

- Roast Chicken Breast Bone in, w/ Tzimmes and Potato Kugel
 - Roast Chicken Bottom w/ Gravy Rice & Mushroom, Peas & Carrots
 - Boiled Chicken Bottom in the Pot, w/ Matzo Balls, Garden Vegetables
 - Roast Turkey w/ Gravy, Sweet Potato, Green Beans and Pimento
 - Pot Roast or Beef w/ Gravy, Roast Potatoes & Mixed Vegetables
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