



Why choose between great taste and saving time? Now, within minutes, enjoy a delicious meal fit for today's life-style - for lunches, quick suppers, the office, travel, anytime. **MY OWN MEAL**® kosher meals use only wholesome ingredients like you'd use. They have **NO MSG, NO SOY, and NO ARTIFICIAL FLAVORS OR COLORS**. Five varieties are gluten-free. They're fully cooked in individual serving containers. And, they do not require refrigeration or freezing to stay fresh.

Each meal is conveniently packaged in either 10 oz. (283 g) serving dishes or 8 oz. (227 g) travel and camping pouches. Reheat to eat in minutes. The dishes are microwave safe and boilable to reheat. The pouches are boilable to reheat. Choose either packaging style for your specific requirements. So, whenever and wherever your home cooking is not possible, **MY OWN MEAL**® main course meals are the perfect substitute.

CHICKEN MEDITERRANEAN: A hearty chicken meal with the flavors of the Mediterranean. Chunks of light and dark chicken with tomatoes, potatoes, chick peas and black olives in a tangy sauce.

MY KIND OF CHICKEN: A favorite combination! Chunks of light and dark chicken with brown rice, peas and carrots in a mild sauce.

CHICKEN & NOODLES: Chunks of light and dark chicken with Kluski noodles, peas, and carrots in a light sauce. A winning combination!

CHICKEN & BLACK BEANS: A flavor from the southwestern states, this meal has chunks of light and dark chicken with delicious and nutritious black beans, tomatoes, potatoes, sweet peppers, corn and kidney beans. Simple seasoning brings out the full flavor of all the ingredients.

BEEF STEW: This satisfying stew is absolutely delicious. It has chunks of beef with potatoes, sweet peppers, tomatoes, cabbage, zucchini, chick peas 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.

VEGETARIAN STEW: A meal perfect for vegetarian and hearty eaters alike! With macaroni, vegetables, potatoes, barley, lentils, peanuts and seasonings, this meal has great taste and variety of textures. (Pareve)

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

FLORENTINE LASAGNA: This meal has small lasagna noodles mixed with a deliciously seasoned tomato sauce. In the sauce is Ricotta cheese, Parmesan cheese, spinach and pinto bean pieces to add more protein without meat. A meal influenced by the tastes of Florence. (Dairy)

CHEESE TORTELLINI: Cheese-filled tortellini with the added protein of pinto beans in a well-seasoned tomato sauce. Excellent texture and flavor! (Dairy)

ⓀⓈ Kosher supervision is by the Organization of Orthodox Kashruth Supervision - Rabbi M. Soloveichik

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J&M™ halal certified meals use only wholesome ingredients and have **NO MSG, NO SOY, and NO ARTIFICIAL FLAVORS OR COLORS**. Six varieties are gluten-free. Each meal is fully cooked and is conveniently packaged in either 10 oz. (283 g) microwavable serving dishes or 8 oz. (227 g) travel and camping pouches. Reheat to eat in minutes.

LAMB & BARLEY STEW: Tender lamb, combined with barley, eggplant, red and green sweet peppers, zucchini and onions, create a true culinary delight! A scrumptious meal with a variety of textures, it is deliciously seasoned with herbs and spices of the Middle East.

CHICKEN MEDITERRANEAN: A hearty chicken meal with the flavors of the Mediterranean. Chunks of light and dark chicken with tomatoes, potatoes, chick peas and black olives in a tangy sauce.

CHICKEN & NOODLES: Chunks of light and dark chicken with Kluski noodles, peas, corn and carrots in a light sauce. A winning combination!

BEEF STEW: This satisfying stew is absolutely delicious. It has chunks of beef with chunks of potatoes, sweet peppers, tomatoes, cabbage, zucchini, chick peas and carrots in a flavorful sauce.

CHEESE TORTELLINI: Cheese-filled tortellini in a well-seasoned tomato sauce with the added protein of pinto beans. Excellent texture and flavor!

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.

LAMB & LENTIL STEW: Tender lamb joins a medley of tomatoes, lentils, onions, chickpeas, zucchini and red and green sweet peppers. Aromatic herbs and spices invite all to taste and enjoy this truly delicious meal.

MY KIND OF CHICKEN: A favorite combination! Chunks of light and dark chicken with brown rice, peas and carrots in a mild sauce.

CHICKEN & BLACK BEANS: A flavor from the southwestern states, this meal has chunks of light and dark chicken with delicious and nutritious black beans, tomatoes, potatoes, sweet peppers, corn and kidney beans. Simple seasoning brings out its full flavor.

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.

FLORENTINE LASAGNA: This meal has small lasagna noodles mixed with a deliciously seasoned tomato sauce. In the sauce is Ricotta cheese, Parmesan cheese, spinach and pinto bean pieces to add more protein without meat. A meal influenced by the tastes of Florence.

VEGETARIAN STEW: A meal perfect for vegetarian and hearty eaters alike! With macaroni, vegetables, potatoes, barley, lentils, peanuts and seasonings, this meal has great taste and a variety of textures.

DHABIHA HALAL حلال



Halal certification is by the Islamic Food & Nutrition Council of America (IFANCA)

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