



PERSONAL CHEF SERVICES

by Chef Jerzy

Serving the Berlin & Hammonton, NJ areas

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Meals on Wheels SENIOR MEALS

Senior Meals is a daily, home-delivered meals to individuals who are homebound, and are unable to shop or prepare meals for themselves. These “meals-on-wheels” are delivered by our employees and volunteers five days per week, and may include weekend meals. The meals are prepared by iCook4u Personal Chef Services, LLC in Berlin & Hammonton, NJ . Up to two meals per day are available to participants.

Participants must order meals for one month.

Meal Menu Options

Menus rotate on a four week cycle (monthly), and are subject to change at the discretion of Gourmet Dining. Menus vary in daily selections, with dishes that appeal to a wide array of palates that include ethnic and cultural variety such as Italian, Latino, German, Asian, and American

MEAL PLAN OPTIONS

Meal Plan 1

1 hot meal (includes meat/pasta and 2 sides) and one cold bag (includes milk, bread, salad, dessert)

\$10.00/\$14.00-kosher

Meal Plan 2

1 Meal Plan plus a larger cold bag (includes additional milk, dessert/vegetable, sandwich)

[one hot meal; one large bag with client last name on them]

\$18.00/\$22.00-kosher

A **LIMITED** number of weekend meals are available.
Please contact the office for more information Special Diets

Therapeutic diets (renal, no leafy greens, lactose intolerant, chopped, pureed, etc) are available by physician order only.

We also provide limited vegetarian options. We are only able to accommodate protein preference requests (meats, fish, eggs, etc) and we cannot accept clients with life threatening food allergies.