

Chicago Tribune

Wednesday, April 5, 1995

Good Eating



Strictly kosher

My Own Meal ready-made entrees satisfy a variety of religious and secular needs: They meet the dietary requirements of Jews, with many also satisfying those of Muslims and Seventh-day Adventists; four are vegetarian. Their 18-month shelf life makes them ideal for campers (not to mention harried cooks). The single-serving entrees can be microwaved or boiled. Among the 13 varieties offered: Cheese Tortellini, Beef Stew, Chicken Mediterranean, Vegetarian Stew, Chicken and Black Beans. Each box costs about \$4 at Milk Pail in Lincolnwood and Hungarian Kosher in Skokie; they also can be ordered by calling Deerfield-based My Own Meal Inc. at 708-948-1118.