

THE PRESS ENTERPRISE
FOOD SECTION
ONTARIO, CALIFORNIA
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THE PRESS-ENTERPRISE

Food

Entrees make sticking to religious diet easy

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 varieties offered: Cheese Tortellini, Beef Stew, Chicken Mediterranean, Vegetarian Stew, Chicken and Black Beans. Each box costs about \$4; they can be ordered by calling Deerfield, Ill.-based My Own Meal Inc. at (708)-948-1118.