

Great meals . . . and sometimes healthy!

OLD SKOOL JERSEY EATS

Our portions come in INDIVIDUAL/FAMILY (feeds 4)

ANGEL RIPPY

Greek Chicken Fournos Salad

Grilled chicken breast, cabbage/carrot blend, cucumbers, banana peppers, kalamata olives, red onions, tomatoes, feta cheese, toasted quinoa. Served with Kelly's dijon vinaigrette

481 Cal, 45g Protein, 17g Carbs, 3g Fat

\$11/\$40

Chicken Souvlaki Bowl

Marinated/grilled chicken filled with sweet bell peppers, zucchini, red onions, grape tomatoes, cucumbers, cous cous and kalamata olives

457 Cal, 44g Protein, 33g Carbs, 16g Fat

\$11/\$40

Tuscan Portobello Bowl

Grilled portobello mushroom filled with baby spinach, sundried tomatoes, fresh mozzarella, red onions, grape tomatoes, cucumbers, farro and black olives

452 Cal, 19g Protein, 41g Carbs, 19g Fat

\$11/\$40



DEVIL RIPPY

Sicilian Rice Balls

Cheesy risotto stuffed with seasoned ground beef, homemade marinara, parmesan, mozzarella, peas. Breaded and par-fried. Served with marinara or crema

\$18(6) / \$36(12)

Nona's Lasagna

Traditional lasagna with bolognese marinara sauce (ground beef/pork), mozzarella, ricotta & parmesan

\$11/\$40

Chicken & Rice Casserole

Baked chicken breast, diced tomatoes, garlic, oregano, green bell peppers, seasoned rice, mozzarella, parmesan, parsley

\$11/\$40

Homemade Lemon Bar

A Kate & Wally's Bakery original!

\$3/\$10



ORDER AT WWW.OLDSKOOLJERSEY.COM - FREE DELIVERY (\$20 MIN.)