



Gourmet Salads

- Cole Slaw - 16 oz - Regular / Diet \$ 8.99 /ea
- Beet Salad - 16 oz \$ 8.99 /ea
- Potato Salad - 16 oz \$ 8.99 /ea
- Cucumber Salad - 16 oz \$ 8.99 /ea
- Diet Cucumber Salad - 16 oz \$ 8.99 /ea
- Moroccan Carrots - 16 oz \$ 8.99 /ea
- Macaroni Salad - 16 oz \$ 8.99 /ea
- Carrot Tzimmes \$ 10.99 /ea
- Egg Salad - 8 oz \$ 6.99 /ea
- Tuna Salad - 8 oz \$ 7.99 /ea
- Chicken Salad - 8 oz \$ 8.99 /ea
- White Fish Salad - 8 oz \$ 8.99 /ea
- Israeli Salad - 16 oz \$ 10.99 /ea
- Health Salad - 16 oz \$ 8.99 /ea
- European Cucumber Salad - 16 oz \$ 8.99 /ea
- Moroccan Beets Salad - 16 oz \$ 8.99 /ea
- Red Skin Potato Salad - 16 oz \$ 8.99 /ea



Specialty Dishes

1 LB MINIMUM. ALL ARE PER LB. UNLESS OTHERWISE NOTED

- English Steak \$ 34.99 /lb
- Prime Sliced Brisket with Caramelized Onions
- Deluxe Sino Steak (pending availability) \$ 79.99 /lb
- Skirt Steak Grilled to Perfection
- with Our Homemade Sino Sauce
- Gourmet Baby Lamb Chops \$ 119.99 /lb
- Grilled Baby Lamb Chops with Options
- of Mediterranean / Garlic Rosemary/Asian Style
- Heimishe Brisket \$ 34.99 /lb
- Asian Style Veal Roast \$ 59.99 /lb
- Bbq Beef Spare Ribs \$ 69.99 /lb
- Prime Rib Eye Roast \$ 59.99 /lb
- Duck L'Orange \$ 120.00
- Miami Ribs \$ 49.99 /lb
- Flanken Short Ribs with Carmalized Onions
- Duck Cooked Your Way \$ 39.99 /lb
- Minute Roast \$ 59.99 /lb
- Szechuan Beef Steak \$ 49.99 /lb



Cold Cuts

- Turkey Breast (all varieties) \$ 19.99 /lb
- Salami Bologna \$ 16.99 /lb
- Pastrami \$ 34.99 /lb
- Corned Beef \$ 34.99 /lb
- Roast Beef \$ 39.99 /lb
- Hard Salami \$ 34.99 /lb

Authentic Chinese

- Fong Wong Gai \$ 24.99 /lb
- Gourmet Egg rolls - Pulled Beef / Pastrami \$ 7.99 /ea
- Beef N' Broccoli \$ 18.99 /lb
- Chicken Fried Rice \$ 12.99 /lb
- Chicken & Broccoli \$ 16.99 /lb
- Chicken Lo Mein \$ 16.99 /lb
- Veggie Lo Mein \$ 11.99 /lb
- Sesame Chicken \$ 16.99 /lb
- Pepper Steak \$ 19.99 /lb
- Sino Steak (Shoulder) \$ 39.99 /lb
- Szechuan Beef \$ 49.99 /lb
- General Tso's Chicken \$ 16.99 /lb
- Asian Poppers \$ 16.99 /lb

- Cornish Hens \$ 29.99 /ea
- Stuffed / Kishka / Rice / Spinach / Pastrami
- Tongue Polonaise \$ 59.99 /lb
- Veal Cutlets \$ 59.99 /lb
- Breaded and Battered Veal Schnitzel
- Veal Masala \$ 49.99 /lb
- Veal Spare Ribs \$ 39.99 /lb
- Your choice of: Sweet Chili / BBQ / Broiled / Teriyaki
- Skirt Steak \$ 79.99 /lb
- Your choice of: Sino / Sezcuau / Classic Grilled
- Braised Lamb Shank \$ 59.99 /lb
- Horseradish Crusted Brisket with Carrots \$ 39.99 /lb
- Smoked Brisket \$ 39.99 /lb
- Flat Iron Steak \$ 69.99 /lb
- Gourmet Standing Rib Roast \$ 59.99 /lb
- Classic Rib Steaks \$ 59.99 /lb
- Choice of: Medium / Medium Rare /Well Done



THE OFFICIAL MENU OF THE SWEET YEAR™

Yom Tov Menu

Tishrei 2025 Order Form

NAME PHONE

ADDRESS

CREDIT CARD VISA MC AMEX CC# EXP

2 Ways to Place Your Order

EMAIL mechysgourmet@gmail.com

CALL (718) 338-9181 Ext 1

COMMENTS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21		22 EREV ROSH HASHANA	23 ROSH HASHANA	24 ROSH HASHANA	25 TZOM GEDALIAH	26	27 SHABBOS SHUVA
28		29	30	1 EREV YOM KIPPUR	2 YOM KIPPUR	3	4 SHABBOS
5		6 EREV SUCCOS	7 SUCCOS	8 SUCCOS	9 CHOL HAMOED SUCCOS	10 CHOL HAMOED SUCCOS	11 SHABBOS CHOL HAMOED SUCCOS
12	CHOL HAMOED SUCCOS	13 HOSHANA RABA	14 SHMINI ATZERET	15 SIMCHAS TORAH	16	17	18 SHABBOS

FROZEN ORDERS HIGHLY RECOMMENDED

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Gourmet Dishes

VEGGIES

Garlic Broccoli	\$ 13.99 /lb
Popcorn Cauliflower	\$ 13.99 /lb
Steamed Broccoli Cauliflower Medley	\$ 13.99 /lb
Breaded Cauliflower	\$ 14.99 /lb
Breaded Broccoli	\$ 14.99 /lb
Grilled Veggies	\$ 14.99 /lb
Steamed Veggies	\$ 12.99 /lb
Garlic String Beans	\$ 13.99/lb
String Beans with Veggies	\$ 13.99 /lb
Grilled White Asparagus	\$ 19.99 /lb
Fancy Baby Carrot and Zucchini	\$ 19.99 /lb
Vegetarian Stuffed Pepper	\$ 10.99 /lb
Asian Stir Fry Veggies	\$ 12.99 /lb
Israeli Salad	\$ 10.99 /lb
Sauteed Balsamic Mushrooms	\$ 14.99 /lb
Creamed Spinach	\$ 12.99 /lb
Carrot Tzimmes	\$ 10.99 /lb
Ratatouille	\$ 10.99 /lb
Roasted Butternut Squash	\$ 11.99 /lb

STARCH

Mushroom Rice	\$ 9.99 /lb
Chinese Rice	\$ 9.99 /lb
Yellow Rice	\$ 9.99 /lb
Dill Rice	\$ 10.99 /lb
Brown Rice	\$ 10.99 /lb
Sweet Rosh Hashana Rice	\$ 12.99 /lb
Spanish Rice	\$ 9.99 /lb
Mushroom Orzo	\$ 10.99 /lb
Veggie Orzo	\$ 10.99 /lb
Israeli Couscous	\$ 10.99 /lb
Farfel (Egg Barley)	\$ 10.99 /lb
Mushroom Farfel	\$ 10.99 /lb
Cabbage Noodles	\$ 10.99 /lb
Kasha Varnishka	\$ 10.99 /lb
Cranberry Quinoa	\$ 12.99 /lb
Pasta Marinara	\$ 10.99 /lb
Garlic Pasta	\$ 10.99 /lb
Pasta Primavera	\$ 10.99 /lb
Roasted Sweet Potatoes	\$ 10.99 /lb
Mashed Potatoes With Onions	\$ 10.99 /lb
Roasted Potatoes	\$ 10.99 /lb
Fingerling Potatoes Classic	\$ 14.99 /lb
Rosemary Potatoes Wedges	\$ 10.99 /lb
Red Blossom Potatoes	\$ 12.99 /lb
Shlishkes	\$ 12.99 /lb



Soups

PARVE SOUP

Butternut Squash Soup	\$ 9.99 /ea
Split Pea Soup	\$ 9.99 /ea
Cream of Broccoli	\$ 9.99 /ea
Deluxe Mushroom Soup	\$ 9.99 /ea
French Onions Soup	\$ 9.99 /ea
Healthy Veggie Soup	\$ 9.99 /ea
Cream of Garden Veggies	\$ 9.99 /ea
Roasted Zucchini Soup	\$ 9.99 /ea
Lentil Soup	\$ 9.99 /ea
Mushroom Barley Soup	\$ 9.99 /ea

MEAT SOUP

Mechy's Famous Chicken Soup	\$ 10.99 /ea
Chicken Soup Combo	\$ 12.99 /ea
Grandma's Chicken Soup	\$ 13.99 /ea
Yemenite Beef Soup	\$ 13.99 /ea
Matzah Balls 5 per pack	\$ 9.99 /pk
Noodles for Soup 16 oz	\$ 5.99 /ea



Kugels FEEDS 5 PEOPLE

Mechy's Famous Potato Kugel	\$ 12.99 /ea
Sweet Noodle	\$ 12.99 /ea
Salt N' Pepper	\$ 11.99 /ea
Yerushalmi	\$ 11.99 /ea
Apple Kugel	\$ 11.99 /ea
Gluten Free Broccoli	\$ 11.99 /ea
Gluten Free Cauliflower Kugel	\$ 11.99 /ea
Gluten Free Spinach	\$ 11.99 /ea
Heimische Yaptzik	\$ 24.99 /ea



Carving Station 2 LB MINIMUM

Corned Beef (Honey Mustard / Maple)	\$ 39.99 /lb
Gourmet Brisket	\$ 39.99 /lb
Smoked Brisket	\$ 39.99 /lb
Roast Beef	\$ 39.99 /lb
Flat Iron Steak	\$ 69.99 /lb
White Meat Turkey	\$ 31.99 /lb
Whole Turkey (Carved Extra \$ 20)	\$ 135.00 /lb



Chicken Entree

Chicken Schnitzel Cutlets	\$ 19.99 /lb
Chicken Fingers	\$ 19.99 /lb
Classic / Pretzel / Cornflake / Rice Krispy Italian	
Chicken Nuggets	\$ 20.99 /lb
Fire Poppers	\$ 18.99 /lb
Whole Roasted Chickens	\$ 10.99 /lb
Chicken Wings - Fried / Buffalo / BBQ	\$ 14.99 /lb
Chicken Tops - Roasted	\$ 11.99 /lb
Chicken Shawarma	\$ 19.99 /lb
Chicken Marsala	\$ 19.99 /lb
Chicken Calzones	\$ 16.99 /lb
Southern Fried Chicken (White)	\$ 10.99 /lb
Southern Fried Chicken (Dark)	\$ 12.99 /lb
Chicken Meatloaf	\$ 18.99 /lb
Chicken Lollipops Teriyaki / Sweet Chili	\$ 24.99 /lb
Turkey Drumsticks	\$ 15.99 /lb

BABY CHICKEN

Chimichurri Cutlets	\$ 21.99 /lb
With Sauteed Onions	\$ 19.99 /lb
Sweet Chili	\$ 21.99 /lb

SKEWERS

Classic Baby Chicken	\$ 24.99 /lb
Lemon Garlic Baby Chicken	\$ 24.99 /lb
Chimichurri Baby Chicken	\$ 24.99 /lb
White Meat Grilled	\$ 24.99 /lb

CHICKEN CAPONS

Kishka (Select White / Dark)	\$ 17.99 /lb
Pastrami (Select White / Dark)	\$ 17.99 /lb
Spinach (Select White / Dark)	\$ 17.99 /lb
Broccoli (Select White / Dark)	\$ 17.99 /lb
Pulled Beef (Select White / Dark)	\$ 21.99 /lb
Dried Fruit Stuffing (Select White / Dark)	\$ 21.99 /lb
Rice Mushroom	\$ 17.99 /lb

GRILLED CHICKEN CUTLETS

Classic	\$ 19.99 /lb
Hawaiian	\$ 19.99 /lb
Herbed	\$ 19.99 /lb
Honey Mustard	\$ 19.99 /lb
With Sauteed Onion	\$ 19.99 /lb

CHICKEN BOTTOMS

Classic	\$ 10.99 /lb
Hawaiian	\$ 12.99 /lb
Teriyaki	\$ 12.99 /lb
Dried Fruit	\$ 15.99 /lb



By the Pan FEEDS 12 - 18 PEOPLE

Potato Kugel	\$ 50.00 /ea
Yaptzik	\$ 85.00 /ea
Sweet Noodle Kugel	\$ 50.00 /ea
Apple Kugel	\$ 60.00 /ea
Sesame Chicken	\$ 90.00 /ea
Chicken Nuggets	\$ 90.00 /ea
Poppers	\$ 90.00 /ea
Stuffed Cabbage	\$ 85.00 /ea
Meatballs	\$ 90.00 /ea
Boneless Spare Ribs	\$ 150.00 /ea



Fabulous Fish

Gefilte Fish Balls	\$ 16.99
Gefilte Fish (Loaf Style)	\$ 16.99
Salmon Gefilte Fish	\$ 24.99
Gourmet Salmon	\$ 24.99
Healthy Grilled / Healthy Baked / Teriyaki	
Garlic Dill / Matbucha / Honey Mustard	
Veggie / Onion Crusted / Chimichurri	
Salmon Skewers	\$ 26.99 /lb
Bronzino	\$ 29.99 /pc
Fried Tilapia	\$ 19.99 /lb
Baked Tilapia	\$ 19.99 /lb
Blackened Tuna	\$ 49.99 /lb
Chilean Seabass	\$ 69.99 /lb
Heimische White Fish	\$ 14.00 /pc
Heimische Carp Fish	\$ 14.00 /pc
Fish Heads	\$ 9.99 /ea



Meat Entrees

Heimische Cholent	\$ 12.99 /lb
Stuffed Cabbage	\$ 14.99 /lb
Swedish Meatballs	\$ 15.99 /lb
Heimische Brisket	\$ 39.99 /lb
Pastrami Rollups	\$ 24.99 /lb
Sino Shoulder Steak	\$ 39.99 /lb
Boneless Spare Ribs	\$ 22.99 /lb
Franks N' Blanks	\$ 16.99 /lb
Mini Deli Rolls	\$ 16.99 /lb
Meatloaf	\$ 16.99 /lb
Gourmet Beef Kebabs	\$ 38.99 /lb
Eggplant Rollatini	\$ 18.99 /lb
Mechy's Chicken Loaf	\$ 16.99 /lb

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