

WEST END SYNAGOGUE GUIDELINES FOR POTLUCK MEALS

RESTRICTIONS: All dishes should be dairy, fish (NO shellfish) or vegetarian.

CHOOSE A DISH THAT TRAVELS WELL

- **Casseroles** and **bakes** (lasagna, mac & cheese, baked ziti)
- **Salads** (green, potato, slaw)
- **Cooked vegetable dishes**
- **Pasta** (consider without cheese for dairy-free people)
- **Rice, lentils, chickpeas, beans**
- **Tofu dishes**
- **Desserts** (loaf cakes, cookies, brownies, cupcakes)
- **Fruit**

PLEASE CONSIDER THAT SOME ATTENDEES HAVE DIETARY RESTRICTIONS SUCH AS:

- Gluten-free
- Nut-free
- Dairy-free

It's helpful to **label your dish** with any ingredients that might be of concern to some.

Avoid dishes that are very fragile or require complicated assembly on-site.

SUGGESTED AMOUNTS TO BRING

- **Single person:** enough to serve at least **2-4 people**
- **Couple:** enough to serve at least **4-6 people**
- **Family:** enough to serve at least **6-8 people**

NO TIME TO COOK?

Consider picking up prepared food locally at Morton Williams , H Mart or Trader Joes, for example.

QUESTIONS? Contact Joan Erber 212-579-0777 X220