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Fresh ingredients = Delicious Meals

Senior Price List:

- **Complete meal - \$8 per meal**
(protein, vegetable, grain/starch)
- Vegetarian meal – \$8
- Soup (12-oz @ \$4 or 16-oz @ \$6)
- Salad – starting @ \$2
- Bread – starting @ \$1

Menu options change each week!

Senior Meal Plan MENU

Delivery on Tuesday, 12/3/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 12/1/19

PROTEIN	VEGETABLE	GRAIN/STARCH
☐ Crockpot Chicken Breast in Gravy ☐ Pan Seared Tilapia w/Lemon Sauce ☐ Smothered Pork Chops ☐ Spaghetti Meat Sauce (Beef)	☐ Black Beans ☐ Roasted Zucchini & Yellow Squash ☐ Spinach ☐ String Beans	☐ Brown or White Rice ☐ Couscous ☐ Mash Potatoes ☐ Spaghetti in Tomato Sauce
SPECIAL - \$11	SOUP	
☐ Grilled Jumbo Shrimp w/one Side	☐ Chicken Noodle Soup	
VEGETARIAN - \$8	SALAD	
☐ Okra Corn and Tomato Curry over Brown or White Rice (vegan-friendly)	☐ Garden Salad (small) - \$2 ☐ Grilled Shrimp Garden Salad (meal size) - \$8 Salad Dressing ☐ Ranch Dressing ☐ Lemon Vinaigrette	
BREAD	SWEETS	
☐ Corn Muffin ☐ Pumpkin Raisin Mini Loaf - \$1.50	☐ Carrot Layer Cake - \$4	