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Fresh ingredients = Delicious Meals

Senior Price List:

- **Complete meal - \$9 per meal**
(protein, vegetable, grain/starch)
- Vegetarian meal - \$9
- Soup (12-oz @ \$5 or 16-oz @ \$7)
- Salad - starting @ \$2
- Bread - starting @ \$1

Menu options change each week!

Senior Meal Plan **MENU**

Delivery on Tuesday, 12/8/20

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 12/6/20

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Beef Stew <input type="checkbox"/> Grilled Chicken Cutlet <input type="checkbox"/> Pineapple Glazed Pork Loin <input type="checkbox"/> Salmon Cakes	<input type="checkbox"/> Black Eye Peas <input type="checkbox"/> Broccoli <input type="checkbox"/> Greens <input type="checkbox"/> Roasted Carrots	<input type="checkbox"/> Baked Potato <input type="checkbox"/> Brown Rice <input type="checkbox"/> Buttered Noodles <input type="checkbox"/> Cauliflower Rice
SPECIAL - \$12	SOUP	
<input type="checkbox"/> Pastalaya (Chicken + Shrimp + Turkey Sausage)	<input type="checkbox"/> Sweet Potato Salmon Chowder	
VEGETARIAN - \$9	SALAD	
<input type="checkbox"/> Roasted Veggie over Jasmine Rice Bowl (broccoli, chickpeas, carrots, onions & cabbage)	<input type="checkbox"/> Salmon Garden Salad (meal size) - \$9 <input type="checkbox"/> Garden Salad (small) - \$2	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Salmon Veggie Frittata - \$3 <input type="checkbox"/> Blueberry Overnight Oats - \$2.50	<input type="checkbox"/> Lemon Vinaigrette <input type="checkbox"/> Ranch Dressing	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Orange Marmalade Gingerbread (mini loaf) - \$1.50	<input type="checkbox"/> Lemon Pound cake - \$3.50	