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Fresh ingredients = Delicious Meals

Senior Price List:

- **Complete meal - \$9 per meal**
(protein, vegetable, grain/starch)
- 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, 3/9/21

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 3/7/21

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Baked BBQ Chicken Wings (3 Whole) <input type="checkbox"/> Baked Whiting w/Curry Sauce <input type="checkbox"/> Creamy Beef & Shells (ground beef & pasta shells) <input type="checkbox"/> Smothered Pork Chops	<input type="checkbox"/> Cabbage <input type="checkbox"/> Peas & Carrots <input type="checkbox"/> Roasted Zucchini <input type="checkbox"/> Spinach	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Jasmine Rice <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Parmesan Mash Potatoes
SPECIAL - \$12	SOUP	
<input type="checkbox"/> Braised Beef Short Ribs w/One Side	<input type="checkbox"/> Roasted Sweet Potato Soup w/Crabmeat	
VEGETARIAN or PROTEIN BOWL - \$10	SALAD	
<input type="checkbox"/> Mushrooms Kale Stuffed Shells (vegetarian) <input type="checkbox"/> Grilled Chicken Bowl (grilled chicken, cilantro lime jasmine rice, black beans, cherry tomatoes)	<input type="checkbox"/> Classic Cobb Salad (meal size) - \$10 <input type="checkbox"/> Garden Salad (small) - \$2	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Mushroom Spinach Tomato Frittata - \$3 <input type="checkbox"/> Mixed Berry Overnight Oats - \$2.50	<input type="checkbox"/> Lemon Vinaigrette <input type="checkbox"/> Ranch Dressing	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Bran Raisin (mini loaf) - \$1.50	<input type="checkbox"/> Cinnamon Roll with Cream Cheese Icing - \$3.50	