

To order: 301.980.7991 or 301.787.9693

Fresh ingredients = Delicious Meals



Price List:

- **Smart Portion – \$8 per meal**
(4-oz protein, 1/2 cup vegetables, 1/2 cup starch)
- Vegetarian meal - \$8
- Soup (12-oz) - \$4
- Salad - \$2
- Breads (2 pieces) - \$1
- Cakes - \$4
- Pies - \$3

Menu options change each week!

Senior Meal Plan Menu

Delivery on Tuesday 12/11/18

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday, 12/9/18

Protein	Vegetable	Grain/Starch
☐ BBQ Meatloaf ☐ Bourbon Turkey Wings ☐ Fried Shrimp ☐ Jerk Ribs	☐ Black Beans ☐ Roasted Beets ☐ Spinach ☐ Zucchini & Squash	☐ Brown or White Rice ☐ Couscous ☐ Orzo w/peas & carrots ☐ Roasted Sweet Potato
Special - \$11		Soup
☐ Half Cornish Hen w/stuffing and one Veggie		☐ Ham and Corn Chowder
Vegetarian		Salad
☐ Mushroom Lasagna ☐ Spinach & Sweet Potato Enchiladas		☐ Chicken Apple Brie Garden Salad - \$8 ☐ Spinach Garden Salad - \$2
		Salad Dressing
		☐ Caesar Dressing ☐ Lemon Vinaigrette
Bread		Sweets
☐ Cheddar Corn Muffin ☐ Raisin Bran (mini loaf) - \$1.50		☐ Banana Pudding Parfait - \$3 ☐ Oatmeal Raisin Cookies - \$1