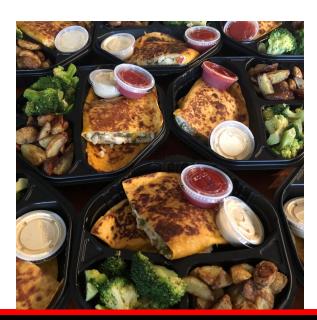




To order: 301.980.7991 or 301.787.9693

Fresh ingredients = Delicious Meals



Senior Price List:

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

Menu options change each week!

Senior Meal Plan Menu

Delivery on Tuesday 8/27/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 8/25/19							
	Protein Ve		egetable			Grain/Starch	
	BBQ Ribs	□ Broccoli				Brown or White Rice	
	Beef Stew	□ Corn				Couscous	
	Grilled Chicken Breast	☐ Greens			Mac n 5 Cheeses		
	Curry Shrimp (not spicy)	☐ Red Beans			Sweet Potato Whip		
Special - \$11			Soup				
	Crabmeat Quesadilla w/one Side		□ Butternut Squash Soup				
Vegetarian			Salad				
	Chickpea Curry over Brown Rice (vegan friendly)			☐ Garden Salad (small) - \$2			
				☐ Grilled Shrimp Spinach Salad (meal size) - \$8			
				Salad Dressing			
				Ranch Dressing	g	Lemon Vinaigrette	
Bread			Sweets				
	Corn Muffin			□ Red Velvet White Chocolate Chip Cookies - \$1			
	Orange Almond (mini loaf) - \$1.50		☐ Lemon Cheese Cake - \$3				