

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	Vegetable	Grain/Starch
<input type="checkbox"/> BBQ Ribs <input type="checkbox"/> Beef Stew <input type="checkbox"/> Grilled Chicken Breast <input type="checkbox"/> Curry Shrimp (not spicy)	<input type="checkbox"/> Broccoli <input type="checkbox"/> Corn <input type="checkbox"/> Greens <input type="checkbox"/> Red Beans	<input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Couscous <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Sweet Potato Whip
Special - \$11		Soup
<input type="checkbox"/> Crabmeat Quesadilla w/one Side		<input type="checkbox"/> Butternut Squash Soup
Vegetarian		Salad
<input type="checkbox"/> Chickpea Curry over Brown Rice (vegan friendly)		<input type="checkbox"/> Garden Salad (small) - \$2 <input type="checkbox"/> Grilled Shrimp Spinach Salad (meal size) - \$8
Bread		Sweets
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Orange Almond (mini loaf) - \$1.50		<input type="checkbox"/> Red Velvet White Chocolate Chip Cookies - \$1 <input type="checkbox"/> Lemon Cheese Cake - \$3