

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 3/26/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 3/24/19

Protein	Vegetable	Grain/Starch
<input type="checkbox"/> Baked Ham <input type="checkbox"/> Pan-seared Tilapia <input type="checkbox"/> Roasted Chicken (white or dark) <input type="checkbox"/> Salisbury Steak (beef or turkey)	<input type="checkbox"/> Broccoli <input type="checkbox"/> Okra & Tomatoes <input type="checkbox"/> Roasted Corn <input type="checkbox"/> Spinach	<input type="checkbox"/> Baked Potato <input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Buttered Egg Noodles <input type="checkbox"/> Dirty Rice
Special - \$11		Soup
<input type="checkbox"/> Shrimp Crunch Wrap with one side		<input type="checkbox"/> Ham and Bean Soup
Vegetarian		Salad
<input type="checkbox"/> Avocado Basil Veggie Pasta (<i>vegan friendly</i>) <input type="checkbox"/> Black Eyed Pea and Collard Green Chili over Brown Rice (<i>vegan-friendly</i>)		<input type="checkbox"/> Cilantro Lime Steak Salad (<i>meal size</i>) - \$8 <input type="checkbox"/> Garden Salad (<i>small</i>) - \$2
Bread		Sweets
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Orange Marmalade (<i>mini loaf</i>) - \$1.50		<input type="checkbox"/> Oatmeal Pecan Cookies - \$1 <input type="checkbox"/> Vanilla Cupcake w/ Chocolate Buttercream - \$2