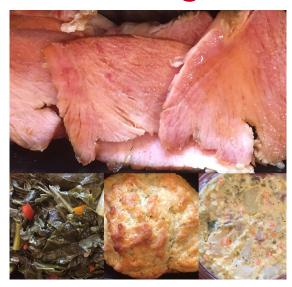




To order: 301.980.7991 or 301.787.9693

## 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			
<u> </u>	Baked Ham Pan-seared Tilapia	<ul><li>□ Broccoli</li><li>□ Okra &amp; Tomatoes</li></ul>		<ul><li>Baked Potato</li><li>Brown or White Rice</li></ul>			
	Roasted Chicken (white or dark) Salisbury Steak (beef or turkey)	<ul><li>Roasted Corn</li><li>Spinach</li></ul>		<ul><li>Buttered Egg Noodles</li><li>Dirty Rice</li></ul>			
	Special - \$11			S	Soup		
	Shrimp Crunch Wrap with one side		☐ Ham and Bean Soup				
	Vegetarian	Salad					
	Avocado Basil Veggie Pasta (vegan friendly) Black Eyed Pea and Collard Green Chili over Brown Rice (vegan-friendly)		<ul> <li>□ Cilantro Lime Steak Salad (m=al size) - \$8</li> <li>□ Garden Salad (small) - \$2</li> <li>□ Salad Dressing</li> <li>□ Ranch Dressing</li> <li>□ Lemon Vinaigrette</li> </ul>				
	Bread	Sweets					
	Corn Muffin Orange Marmalade (mini loat) - \$1.50	<ul> <li>Oatmeal Pecan Cookies - \$1</li> <li>Vanilla Cupcake w/ Chocolate Buttercream - \$2</li> </ul>					
	- CACHUE MUHHUNGUE HINNIOOH - N. 30	🗕 - Vanilla Cubcake W/ Chocolate Buttercream = %/ 🗆					