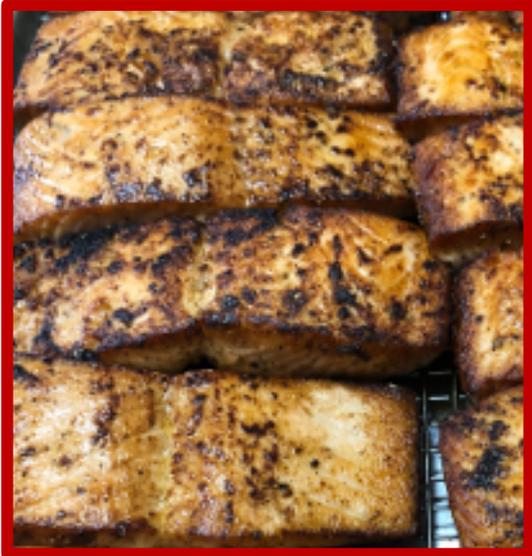




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**Good food delivered.
 Fresh ingredients. Delicious meals.**

Senior Price List:

- Complete meal (*protein + 2 sides*) @ \$12
- Bulk containers @ price based on sizes
- Soup (12-oz @ \$6 or 16-oz @ \$8)
- Special – market price

Menu options change each week!

Senior Meal Plan Menu

Delivery on Tuesday, 1/27/26

Order by Saturday, 1/24/26

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Deep Fried Whiting <input type="checkbox"/> Pork Tenderloin in Gravy <input type="checkbox"/> Teriyaki Shredded Chicken <input type="checkbox"/> Turkey Spaghetti	<input type="checkbox"/> Cabbage <input type="checkbox"/> Mix Vegetables <input type="checkbox"/> Okra & Tomatoes <input type="checkbox"/> Roasted Brussels Sprouts <input type="checkbox"/> Side Salad	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Buttered Noodles <input type="checkbox"/> Garlic Mash Potatoes <input type="checkbox"/> Rice Pilaf
SPECIAL	SOUP	
<input type="checkbox"/> Baked Salmon + Two sides - \$21	<input type="checkbox"/> Turkey Chili (<i>not spicy</i>)	
SANDWICH / WRAP	SALAD	
<input type="checkbox"/> Turkey Wrap (<i>deli turkey + lettuce + cheese + tomatoes</i>) - \$13 <input type="checkbox"/> Veggie Wrap (<i>vegetarian</i>) - \$8	<input type="checkbox"/> Salmon Garden Salad - \$13 (<i>meal</i>) <input type="checkbox"/> Garden Salad (<i>small</i>) - \$3 Salad Dressing <input type="checkbox"/> Buttermilk Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
BREAKFAST		
<input type="checkbox"/> Blueberry Overnight Oats - \$4 <input type="checkbox"/> Turkey Bacon + Spinach + Cheese Frittata - \$4 <input type="checkbox"/> Buttermilk Pancakes + Turkey Bacon (3) - \$7		
BREAD	SWEETS	
<input type="checkbox"/> Blueberry (<i>mini-loaf</i>) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2	<input type="checkbox"/> Red Velvet Pound Cake - \$6	