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Fresh ingredients = Delicious Meals

Senior Price List:

- Complete meal - \$9 per meal
(protein, vegetable, grain/starch)
- Soup (12-oz @ \$5 or 16-oz @ \$7)
- Salad – starting @ \$2
- Bread – starting @ \$1

Menu options change each week!

Senior Meal Plan Menu

Delivery on TUESDAY, 6/15/21

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 6/13/21

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> BBQ Pork Chops <input type="checkbox"/> Beef & Broccoli <input type="checkbox"/> Grilled Jerk Chicken Breast <input type="checkbox"/> Salmon Cakes	<input type="checkbox"/> BBQ Beans <input type="checkbox"/> Glazed Carrots <input type="checkbox"/> Roasted Veggies <input type="checkbox"/> Spinach	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Couscous <input type="checkbox"/> Sweet Potato Whip <input type="checkbox"/> Wild Rice
SPECIAL - \$12	SOUP	
<input type="checkbox"/> Shrimp Scampi with Pasta	<input type="checkbox"/> Chicken Mushroom Wild Rice Soup	
VEGETARIAN or PROTEIN BOWL - \$10	SALAD	
<input type="checkbox"/> Veggie Fried Rice <i>(vegetarian)</i> <input type="checkbox"/> Greek Shrimp Bowl <i>(shrimp, wild rice, roasted veggies)</i>	<input type="checkbox"/> Shrimp Caesar Salad - \$10 <input type="checkbox"/> Garden Salad <i>(small)</i> - \$2	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Bacon Veggie Frittata - \$3 <input type="checkbox"/> Apple Cinnamon Raisin Overnight Oats - \$2.50 <input type="checkbox"/> Buttermilk Pancakes + Bacon (3)- \$6	<input type="checkbox"/> Lemon Vinaigrette <input type="checkbox"/> House Caesar Dressing	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Cinnamon Raisin <i>(mini loaf)</i> - \$1.50	<input type="checkbox"/> Chocolate X3 Layer Cake - \$4.50	