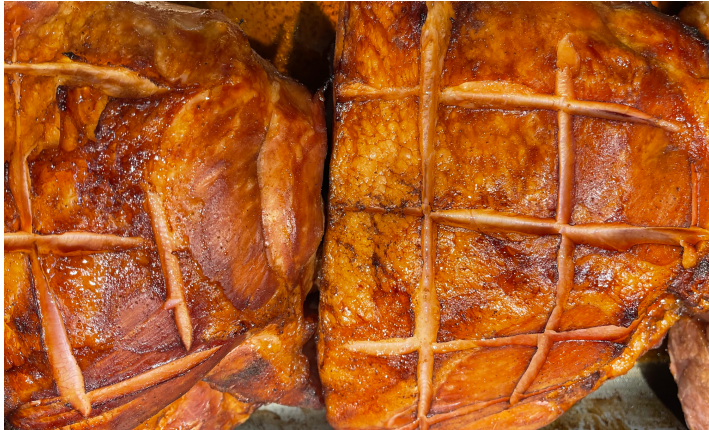




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Fresh ingredients = Delicious Meals

Senior Price List:

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

Menu options change each week!

Senior Meal Plan Menu

Delivery on Tuesday, 6/17/25

PLEASE ORDER BY MIDNIGHT, Saturday 6/14/25

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Baked Ham <input type="checkbox"/> Beef Meatloaf with gravy <input type="checkbox"/> Deep Fried Whiting <input type="checkbox"/> Smothered Turkey Wings (2)	<input type="checkbox"/> Black Eye Peas <input type="checkbox"/> Corn on Cob <input type="checkbox"/> Kale <input type="checkbox"/> Mix Veggies <input type="checkbox"/> Side Salad	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Garlic Mash Potatoes <input type="checkbox"/> Jasmine Rice <input type="checkbox"/> Mac n 5 Cheeses
SPECIAL - \$18		SOUP
<input type="checkbox"/> Shrimp Etouffee over Jasmine Rice		<input type="checkbox"/> Beef Chili (NOT Spicy)
SANDWICH / WRAP		SALAD
<input type="checkbox"/> Chicken Wrap (<i>roast chicken breast + lettuce + cheese + tomato</i>) - \$10 <input type="checkbox"/> Veggie Wrap (<i>vegetarian</i>) - \$7		<input type="checkbox"/> Shrimp Caesar Salad (<i>meal</i>) - \$13 <input type="checkbox"/> Garden Salad (<i>small</i>) - \$3
BREAKFAST		Salad Dressing
<input type="checkbox"/> Mix Berry Overnight Oats - \$3 <input type="checkbox"/> Turkey Bacon + Spinach + Cheese Frittata - \$4 <input type="checkbox"/> Buttermilk Waffle + Turkey Bacon (2) - \$7		<input type="checkbox"/> Caesar Dressing <input type="checkbox"/> Lemon Balsamic Vinaigrette
BREAD	SWEETS	
<input type="checkbox"/> Mix Berry (<i>mini-loaf</i>) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2	<input type="checkbox"/> Bread Pudding w/Brandy Caramel Sauce - \$7	

VACATION TIME IS COMING!

NO DELIVERY ON TUESDAY, JUNE 24 and JULY 1.