

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 2/26/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 2/24/19

Protein	Vegetable	Grain/Starch
<input type="checkbox"/> Beef Kabobs <input type="checkbox"/> Grilled Chicken Wings <input type="checkbox"/> Jerk Ribs (Pork) <input type="checkbox"/> Pan Seared Swordfish	<input type="checkbox"/> Glazed Carrots <input type="checkbox"/> Spinach w/Black Eye Peas <input type="checkbox"/> Three Bean Mix <input type="checkbox"/> Yellow Squash Roasted	<input type="checkbox"/> Baked Potato <input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Farro <input type="checkbox"/> Mac n 5 Cheeses
Special - \$11		Soup
<input type="checkbox"/> Shrimp & Crabmeat Rice w/one side		<input type="checkbox"/> Chicken & Wild Rice Mushroom Soup
Vegetarian		Salad
<input type="checkbox"/> Roasted Veggie Wraps (vegan-friendly) <input type="checkbox"/> Southwestern Zucchini Boats (vegan friendly)		<input type="checkbox"/> Garden Salad (small) - \$2 <input type="checkbox"/> Shrimp Garden Salad (meal size) - \$8
		Salad Dressing
		<input type="checkbox"/> Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette
Bread		Sweets
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Raisin Bran (mini loaf) - \$1.50		<input type="checkbox"/> Rice Pudding Regular or Diabetic-Friendly - \$3 <input type="checkbox"/> Lemon Crinkle Cookies - \$1