

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 6/18/19

**PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 6/16/19**

Protein	Vegetable	Grain/Starch
<input type="checkbox"/> BBQ Chicken (Dark or White) <input type="checkbox"/> Beef Meatball in Tomato Sauce <input type="checkbox"/> Fried Pork Chop <input type="checkbox"/> Grilled Jumbo Shrimp	<input type="checkbox"/> Baked Beans <input type="checkbox"/> Corn Medley <input type="checkbox"/> Roasted Brussels Sprouts <input type="checkbox"/> Spinach	<input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Lemon Couscous w/tomatoes & scallions <input type="checkbox"/> Scalloped Potatoes <input type="checkbox"/> Spaghetti in Tomato Sauce
Special - \$11		Soup
<input type="checkbox"/> Shrimp Cakes w/one Side		<input type="checkbox"/> Zucchini Coconut Milk Soup
Vegetarian		Salad
<input type="checkbox"/> Kung Pao Veggies over Brown Rice Veggie (vegan friendly) <input type="checkbox"/> Spaghetti with Meatless Meat Sauce (vegan-friendly)		<input type="checkbox"/> Garden Salad (small) - \$2 <input type="checkbox"/> Shrimp Garden Salad (meal size) - \$8
Bread		Sweet's
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Lemon Coconut (mini loaf) - \$1.50		<input type="checkbox"/> Citrus Cheesecake - \$3 <input type="checkbox"/> Oatmeal Raisin Cookies - \$1