

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 5/21/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 5/19/19

Protein	Vegetable	Grain/Starch
<input type="checkbox"/> BBQ Ribs <input type="checkbox"/> Chicken Fried Rice <input type="checkbox"/> Grilled Mahi Mahi <input type="checkbox"/> Meatloaf (Beef or Turkey)	<input type="checkbox"/> Black Beans <input type="checkbox"/> Broccoli <input type="checkbox"/> Cabbage <input type="checkbox"/> Roasted Zucchini	<input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Mash Potato <input type="checkbox"/> Peas n Rice <input type="checkbox"/> Couscous
Special - \$11	Soup	
<input type="checkbox"/> Crabcake w/one Side	<input type="checkbox"/> Chicken Noodle Soup	
Vegetarian	Salad	
<input type="checkbox"/> Sweet Potato Quesadillas w/one side <i>(vegan-friendly)</i> <input type="checkbox"/> Mushroom Lentil Loaf w/one side <i>(vegan friendly)</i>	<input type="checkbox"/> Garden Salad <i>(small)</i> - \$2 <input type="checkbox"/> Grilled Tuna Steak Garden Salad <i>(meal size)</i> - \$8	
	Salad Dressing	
	<input type="checkbox"/> Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
Bread	Sweets	
<input type="checkbox"/> Lemon Poppy Seed <i>(mini loaf)</i> - \$1.50 <input type="checkbox"/> Corn Muffin	<input type="checkbox"/> Clear the Cupboard Cookies - \$1 <input type="checkbox"/> Rice Pudding - \$3	