

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 6/25/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 6/23/19

Protein	Vegetable	Grain/Starch
<input type="checkbox"/> Chicken Kabobs <input type="checkbox"/> Fried Whiting <input type="checkbox"/> Pork Tenderloin w/Fig Sauce <input type="checkbox"/> Salisbury Steak	<input type="checkbox"/> Cabbage <input type="checkbox"/> Greens <input type="checkbox"/> Black Eye Peas <input type="checkbox"/> Roasted Beets	<input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Roasted Potatoes <input type="checkbox"/> Quinoa
Special - \$11		Soup
<input type="checkbox"/> Beef Oxtail over Brown Rice w/One Side		<input type="checkbox"/> Roasted Tomato Soup
Vegetarian		Salad
<input type="checkbox"/> Roasted Veggie Wraps (vegan friendly) <input type="checkbox"/> Jackfruit Curry over Brown Rice (vegan-friendly)		<input type="checkbox"/> Garden Salad (small) - \$2 <input type="checkbox"/> Chicken Spinach 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"/> Almond Strawberry (mini loaf) - \$1.50		<input type="checkbox"/> Red Velvet Snack Cake - \$3 <input type="checkbox"/> Clear the Cupboard Cookies - \$1