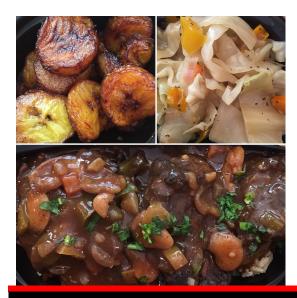




To order: 301.980.7991 or 301.787.9693

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		Vegetab	le			Grain/Starch	
	Chicken Kabobs		Cabbage		[Brown or White Rice	
	Fried Whiting		Greens		[Mac n 5 Cheeses	
	Pork Tenderloin w/Fig Sauce	□ Black Eye Peas		5	[Roasted Potatoes	
	Salisbury Steak	□ Roasted Beets			[Quinoa	
	Special - \$11						Soup	
☐ Beef Oxtail over Brown Rice w/One Side			ide	☐ Roasted Tomato Soup				
	Vegetarian			Salad				
	Roasted Veggie Wraps (vegan frien	vegan friendly) 🔲 Garden Salad (small) - \$2						
	Jackfruit Curry over Brown Rice (vegan-friendly)			Chicken Spinach Salad (meal size) - \$8				
							Salad Dressing	
					Rand	ch	n Dressing 🔲 Lemon Vinaigrette	
Bread				Sweets				
	Corn Muffin				Red \	√e	elvet Snack Cake - \$3	
☐ Almond Strawberry (mini loaf) - \$1.50			☐ Clear the Cupboard Cookies - \$1					