

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 1/22/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday, 1/20/19

Protein	Vegetable	Grain/Starch
☐ Grilled Pork Tenderloin w/Chimichurri Sauce ☐ Jerk Chicken Breast ☐ Pan Seared Tilapia w/Chimichurri Sauce ☐ Turkey or Beef Lasagna	☐ Black Eye Peas ☐ Okra & Tomatoes ☐ Spinach ☐ Zucchini & Squash	☐ Brown or White Rice ☐ Mac n 5 Cheeses ☐ Quinoa Pilaf ☐ Roasted Potatoes
Special - \$11	Soup	
☐ Grilled Jumbo Shrimp with Two Sides	☐ Cajun Sweet Potato Seafood Chowder	
Vegetarian	Salad	
☐ Sweet & Sticky Chickpea over Brown Rice (vegan-friendly) ☐ Veggie Penne Pasta (vegan-friendly)	☐ Garden Salad (small) - \$2 ☐ Grilled Salmon Garden Salad (meal size) - \$8	
Bread	Salad Dressing	
	☐ Ranch Dressing	☐ Lemon Vinaigrette
Bread		Sweets
☐ Banana (mini loaf) - \$1.50 ☐ Corn Muffin		☐ Snickerdoodle Cookies - \$1 ☐ Sweet Potato Pie - \$3