



Fresh ingredients = Delicious Meals

Senior Price List:

- Complete meal - \$8 per meal
(protein, vegetable, grain/starch)
- Vegetarian meal – \$8
- Soup (12-oz @ \$4 or 16-oz @ \$6)
- Salad – starting @ \$2
- Bread – starting @ \$1

Menu options change each week!

Senior Meal Plan Menu

Delivery on Tuesday, 1/28/20

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 1/26/20

| PROTEIN | VEGETABLE | GRAIN/STARCH |
|--|--|--|
| <input type="checkbox"/> Baked Ham <input type="checkbox"/> Curry Chicken <input type="checkbox"/> Jerk Shrimp (spicy) <input type="checkbox"/> Salisbury Steak | <input type="checkbox"/> Cabbage <input type="checkbox"/> Glazed Carrots <input type="checkbox"/> Green Peas <input type="checkbox"/> White Beans | <input type="checkbox"/> Brown Rice <input type="checkbox"/> Couscous <input type="checkbox"/> Mash Potatoes <input type="checkbox"/> Peas n Rice |
| SPECIAL - \$11 | SOUP | |
| <input type="checkbox"/> Crabmeat Quesadilla with one side | <input type="checkbox"/> Bacon Bean Potato Soup | |
| VEGETARIAN - \$8 | SALAD | |
| <input type="checkbox"/> Roasted Veggie Chickpea Couscous Bowl <i>(vegan-friendly)</i> | <input type="checkbox"/> Garden Salad <i>(small)</i> - \$2 <input type="checkbox"/> Chicken Southwestern Salad <i>(meal size)</i> - \$8 | |
| BREAKFAST - \$2.50 | Salad Dressing | |
| <input type="checkbox"/> Overnight Oats with Dried Cherries and Toasted Coconut Topping | <input type="checkbox"/> Ranch Dressing | <input type="checkbox"/> Lemon Vinaigrette |
| BREAD | SWEETS | |
| <input type="checkbox"/> Corn Muffin <input type="checkbox"/> Cinnamon Raisin Mini Loaf - \$1.50 | <input type="checkbox"/> Almond Amaretto Cupcake - \$2 | |