

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 9/17/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 9/15/19

Protein	Vegetable	Grain/Starch
<input type="checkbox"/> Apple Spice Pork Loin Cutlets <input type="checkbox"/> Fried Whiting <input type="checkbox"/> Slow Cooker Sesame Beef <input type="checkbox"/> Turkey Meatloaf with Gravy	<input type="checkbox"/> Greens <input type="checkbox"/> Peas & Carrots <input type="checkbox"/> String Beans <input type="checkbox"/> White Beans	<input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Mash Potatoes <input type="checkbox"/> Quinoa
Special - \$11	Soup	
<input type="checkbox"/> Shrimp Boil (jumbo shrimp, turkey sausage, potatoes, veggies)	<input type="checkbox"/> Zuppa Toscana Soup (potatoes, white beans, kale, turkey sausage)	
Vegetarian	Salad	
<input type="checkbox"/> White Bean, Kale, Veggie Quinoa Bowl	<input type="checkbox"/> Garden Salad (small) - \$2 <input type="checkbox"/> Salmon Nicoise Salad (salmon, string beans, potatoes, boiled eggs, black olives) (meal size) - \$8	
	Salad Dressing <input type="checkbox"/> Sunshine Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
Bread	Sweets	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Orange Cranberry (mini loaf) - \$1.50	<input type="checkbox"/> Lemon Pound Cake - \$3 <input type="checkbox"/> Snickerdoodle Cookies - \$1	