

# Breakfast

- Cream Chip Beef with Biscuit  
Sides: Diced Peaches • Diced Potatoes
- Waffle  
Sides: Pork Sausage Patty • Fried Apple
- Cheesy Scrambled Eggs  
Sides: Pork Sausage Patty • Grits
- Spanish Omelet  
Sides: Maple Oatmeal • Cinnamon Applesauce
- Western Omelet  
Sides: Peach Half • Seasoned Potatoes
- French Toast Sticks  
Sides: Pork Sausage Patty • Diced Peaches
- Cheddar Cheese Omelet  
Sides: Seasoned Potatoes • Applesauce
- Buttermilk Pancakes  
Sides: Hash Browns • Applesauce
- Egg Omelet  
Sides: Diced Potatoes • Diced Peaches
- Biscuits and Gravy  
Sides: Potatoes with Cheese

## SENIOR Solutions' home-delivered meal program is called Dine In — and with good reason.

Having served Upstate seniors for more than 40 years, SENIOR Solutions has learned that seniors not only want home-delivered meals that are nutritious — they want restaurant-style entrées that taste good and make mealtime enjoyable. In other words, they want to feel as if they're truly dining in.



In our quest to provide the best meals and service, we look to you for valuable feedback. If you have comments or suggestions for our staff, please note them below.

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Menu



## How to Place Your Order

This order form must be filled out and returned to your Dine In driver during your next delivery.

Each entrée selection on our menu has a box next to it. You simply indicate the quantity you want in this box. For Medicaid recipients, your allotted quantity is indicated on the front of your order form. Your total number of selected entrées must not exceed this number! Private-pay recipients, you may order as many entrées as you'd like, but there is a minimum quantity of seven (7).

You can also order over the phone at 1-888-516-4788, Monday-Friday from 9:00 am-5:00 pm. You must call two days in advance of your delivery date.



### Other Services Include:

- Advice and Referral
- Adult Day Care
- Insurance
- Senior Centers
- Transportation

864-225-3370 • [www.UpstateSeniors.org](http://www.UpstateSeniors.org)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Total Meals Authorized \_\_\_\_\_

## Beef

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- Lasagna with Cheese and Tomato Sauce  
Sides: Green Beans • Cauliflower
- Beef Patty with Mashed Potatoes and Gravy  
Sides: Carrots • Black Bean, Corn & Red Peppers
- Meatloaf with Mashed Potatoes and Gravy  
Sides: Peas & Carrots • Cauliflower
- Spaghetti and Meatballs  
Sides: Corn • Peas & Carrots
- Beef Stew with Potatoes, Carrots, Celery and Onions  
Sides: Brussels Sprouts • Corn & Red Peppers
- Swedish Meatballs over Pasta in Sauce  
Sides: Broccoli • Corn & Red Peppers
- Chili with Meat and Beans  
Sides: Corn and Red Peppers • Peas
- Salisbury Steak with Red Skin Potatoes & Gravy  
Sides: Peas & Carrots • Cauliflower
- Beef Pot Roast with Gravy and Mashed Potatoes  
Sides: Corn • Green Beans

## Pork

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- BBQ Pork Riblet with Roasted Sweet Potatoes  
Sides: Sugar Snap Peas • Broccoli & Cauliflower

## Turkey

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- Turkey with Stuffing and Gravy  
Sides: Green Beans & Cranberry • Corn
- Turkey Tetrazzini  
Sides: Yellow Squash • Chickpeas and Spinach

## Chicken

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- Roasted Chicken with Red Skin Potatoes  
Sides: Sugar Snap Peas • Carrots
- BBQ Chicken over SW Rice Blend with Black Beans  
Sides: Carrots • Green Beans
- Fiesta Chicken with Mexican Sauce over Rice  
Sides: Corn • Cauliflower
- Chicken Fettucini with Broccoli and Alfredo Sauce  
Sides: Carrots • Zucchini & Red Peppers
- Herb-Seasoned Chicken with Mashed Potatoes  
Sides: Broccoli • Green Beans & Red Peppers
- Chicken Parmesan over Fettucini Noodles  
Sides: Zucchini & Red Peppers • Brussels Sprouts
- Chicken & Rice with Mushroom Sauce  
Sides: Green Beans • Black Bean, Corn & Red Peppers
- Chicken Noodles with Carrot & Peas in Cream Sauce  
Sides: Corn • Brussels Sprouts
- Chicken Fried Rice with Teriyaki Sauce  
Sides: Sugar Snap Peas • Carrots
- Chicken Chow Mein over Noodles  
Sides: Sugar Snap Peas • Cauliflower
- Chicken Cacciatore with Rice  
Sides: Yellow Squash • Brussels Sprouts
- Sweet and Sour Chicken  
Sides: Sugar Snap Peas • Carrots
- Ginger Chicken  
Sides: Sugar Snap Peas • Cauliflower
- Chicken a la King  
Sides: Cheesy Cauliflower • Chickpeas and Spinach

Please note that side items are subject to change without notice.

## Meatless

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- Fettucini Alfredo with Broccoli & Carrots  
Sides: Zucchini & Red Peppers • Brussels Sprouts
- Three Cheese Tortellini with Tomato Sauce  
Sides: Brussels Sprouts • Carrots
- Cheese Ravioli with Pomodoro Sauce  
Sides: Cauliflower with Cheese Sauce • Corn
- Macaroni and Cheese  
Sides: Broccoli • Lima Bean Blend
- BBQ Baked Beans  
Sides: Squash and Red Peppers • Cauliflower Blend
- Harvest Vegetable Medley  
Sides: Brussels Sprouts • Yellow Squash
- Spinach Manicotti  
Sides: Chickpeas • Green Beans

## Fish

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- Breaded Fish Sticks with Wild Rice Blend  
Sides: Corn • Peas
- Lemon Pepper Fish with Rice Vegetable Blend  
Sides: Peas & Pearl Onions • Zucchini & Red Peppers
- Salmon Croquette  
Sides: Broccoli • Black Bean/Bell Pepper Blend
- Lowcountry-Style Crabcake  
Sides: Broccoli • Carrot/Zucchini/Squash Blend
- Creole Baked Fish  
Sides: Cauliflower • Green Beans

