

BREAKFAST

- Sausage & French Toast
Sides: Diced Peaches & Sausage Patties
- Egg Patty & Turkey Sausage
Sides: Sweet Potatoes & Spinach
- Cheesy Vegetable Omelet
Sides: Hash Browns & Broccoli
- Sausages & Pancakes
Sides: Hash Browns & Applesauce
- White Gravy over Sausage & Biscuit
Sides: Potatoes & Cheese
- Cheese Omelet
Sides: Broccoli & Hash Browns



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.



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!

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.



1-888-516-4788

www.UpstateSeniors.org

Ask about Our Other Services:

- Home Care
- Adult Day Care
- Insurance Services
- Senior Centers
- Transportation

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Total Meals Authorized _____

BEEF

- Meatballs over Egg Noodles & Pizzaiola Sauce
Sides: Green Beans & Carrots
- Homestyle Meatloaf
Sides: Winter Vegetables & Red Skin Whipped Potatoes
- Beef Patty Strips w/ Orange Rice & Vegetables
Sides: Corn with Peppers & Broccoli
- Beef Patty Strips & Gravy
Sides: Sweet Potato Casserole & Mixed Greens
- Salsbury Steak
Sides: Red Skin Whipped Potatoes & Mixed Vegetables
- Meatballs & Alfredo Shell Pasta
Sides: Whole Kernel Corn & Green Beans
- Spaghetti w/ Meatballs
Sides: Whole Kernel Corn & Broccoli
- Beef Patty over Cheesy Chipotle Rice
Sides: Broccoli & Whole Kernel Corn
- Chipotle Meatloaf
Sides: Southwest Potatoes & Green Beans with Onions
- Beef Patty w/ Onion Gravy
Sides: Red Skinned Whipped Potatoes & Broccoli
- Beef Patty
Sides: Diced Carrots & Brussel Sprouts
- Beef Meatballs w/ Rice and Gravy
Sides: Peas, Carrots & Cauliflower
- Creamy Country Fried Steak
Sides: Peas, Carrots & Cauliflower
- Taco Soup
Sides: Cinnamon Sweet Potatoes & Cauliflower
- Cheese Lasagna with Meat Sauce
Sides: Mixed Greens & Corn with Peppers

CHICKEN

- Creamy Breaded Chicken Patty
Sides: Lima Beans & Mixed Vegetables
- Chicken Patty & Penne Pasta Alfredo
Sides: Diced Carrots & Corn w/ Peppers
- Creamy Chicken Patty & Waffles
Sides: Four Seasons Vegetables & Cabbage
- Chicken Patty with Rosemary Gravy
Sides: Whole Kernel Corn & Mixed Greens
- Chicken Tenders w/Tomato Basil Penne Pasta
Sides: Green Beans & Corn & Red Peppers
- Honey Mustard Chicken
Sides: Brussels Sprouts & Sweet Potatoes
- Breaded Chicken Patty
Sides: Mixed Greens & Whole Kernel Corn
- Chicken Patty w/ Teriyaki Sauce
Sides: Diced Sweet Potatoes & Brussel Sprouts
- Chicken Patty w/ Honey BBQ Sauce
Sides: Diced Sweet Potatoes & Broccoli
- Southwestern Style Chicken Tenders
Sides: Sweet Potatoes & Broccoli
- Chicken & Dressing
Sides: Spring Vegetables & Broccoli
- Breaded Parmesan Chicken Patty
Sides: Potatoes & Mixed Vegetables
- Chicken Florentine
Sides: Diced Carrots & Asparagus
- Zesty Orange Chicken Tenders
Sides: Mixed Greens & Corn w/ Peppers
- Grilled Chicken over Rice & Gravy
Sides: Diced Carrots & Green Peas
- Pesto Basil Chicken Patty
Sides: Diced Carrots & Brussel Sprouts

PORK

- Breaded Pork Patty
Sides: Brussel Sprouts & Red Skin Whipped Potatoes
- Pork Patty with BBQ Sauce
Sides: Red Skin Whipped Potatoes & Whole Kernel Corn
- Pork Patty & Zesty Orange Rice
Sides: Green Peas & Diced Carrots
- Pork & Gravy
Sides: Mixed Greens & Sweet Potatoes
- Grilled Pork & Mushroom Gravy
Sides: Green Beans & Diced Sweet Potatoes
- Ginger Pork Patty
Sides: Green Peas with Onions, Mushrooms & Red Peppers & Peaches
- Red Beans & Rice with Sausage
Sides: Cabbage & Corn with Peppers
- Pork Patty w/ Pizzaiola Sauce
Sides: Asparagus & Carrots

FISH

- Breaded Pollock
Sides: Diced Carrots & Green Beans w/Onions, Mushrooms & Red Peppers
- Breaded Fish Wedge
Sides: Cauliflower & Green Beans

OTHER

- Red Burrito w/ Cheese Sauce
Sides: Spinach & Corn w/ Peppers
- Cheese Manicotti w/Alfredo
Sides: Four Seasons Vegetables & Broccoli
- Macaroni & Cheese
Sides: Diced Carrots & Green Beans

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