



Senior Dining Choices

At Presbyterian Homes & Services, we offer delicious hot meals, ready-to-heat frozen meals and fresh food selections—just a click or phone call away! Optage® Senior Dining Choices offers great tasting, nutritionally sound meals and delivers them to you in your home.

HOT MEALS

For a hot meal delivered to you over the lunch hour, Monday through Friday, choose daily Hot Meals. If you would also like weekend meals, extra meals can be pre-delivered, refrigerated and heated to enjoy anytime. Daily hot meals are currently available in Ramsey and Washington counties.

Options Available:

- Entrée (meat, starch & vegetable)
- Complete Meal (entrée plus beverage, bread, fruit & dessert)
- Ethnic Meal & Special Diet options available

PERSONALIZED CHOICE MEALS

Enjoy the freedom to dine when you want, while having your choice of more than 60 home-delivered meals that can include beverage, fruit, dinner roll and dessert. And little to no preparation is required! These meals are ordered and delivered weekly. Just complete the order form each week and return it to the driver delivering your meals. Heat and eat meals are available in the 7 county metro area.

Options Available:

- Entrée (meat, starch & vegetable)
- Complete Meal (entrée plus beverage, bread, fruit & dessert)
- Ethnic Meal & Special Diet options available

PAYMENT OPTIONS

Both meal options are available through private pay, waiver programs or other subsidized programs depending on qualification.

SAMPLE ORDER FORM

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--|---|---|--|--|--|--|
| Daily Feature Chili Beans Chuckwagon Corn Beverage Fruit Dinner Roll Dessert # _____ | Daily Feature Sliced Turkey Gravy Stuffing Carrots Beverage Fruit Dinner Roll Dessert # _____ | Daily Feature Beef Burrito Rice Fiesta Corn Beverage Fruit Dinner Roll Dessert # _____ | Daily Feature Qtr Chicken Mashed Potatoes Diced Beets Beverage Fruit Dinner Roll Dessert # _____ | Daily Feature Fish Sandwich Steak Fries Broccoli Beverage Fruit Dinner Roll Dessert # _____ | Daily Feature Alfredo Sauce with Pasta Capri Vegetables Beverage Fruit Dinner Roll Dessert # _____ | Daily Feature Salisbury Steak Mashed Potatoes Peas Beverage Fruit Dinner Roll Dessert # _____ |

Enjoy our Daily Feature Entrees or select an alternative from over 60 options and write your choice in the space provided.

Highlighted items contain more than 800 mg of sodium.

Beef

- 1601 Spaghetti and Meatballs
- 1602 Salisbury Steak
- 1603 Meatloaf
- 1605 Swedish Meatballs
- 1606 Goulash
- 1608 Meat Lasagna
- 1609 Hamburger on Bun
- 1610 Chili w/Beef and Beans
- 1612 Beef Pot Roast
- 1614 Tater Tot Casserole
- 1615 Beef Burrito

Poultry

- 1715 Chicken Chow Mein
- 1719 Sliced Turkey w/Gravy
- 1721 Sweet and Sour Chicken
- 1723 BBQ Chicken Breast
- 1724 Chicken Patty on Bun

Pork

- 1900 BBQ Pork Riblet
- 1902 Sliced Ham w/Pineapple
- 1903 Bratwurst on Bun
- 1906 Pork w/Ginger Sauce

Seafood

- 1802 Parsley Buttered Fish
- 1803 Breaded Fish Fillet
- 1805 Fish Sandwich on Bun
- 1807 Orange Mango Fish

No Meat

- 1751 Macaroni and Cheese
- 1752 Alfredo Sauce with Pasta
- 1754 Veggie Lasagna
- 3003 Potato Chowder
- 3007 Broccoli Cheese Soup
- 3012 Beer Cheese Soup

Breakfast

- 2002 Cheese Omelet
- 2003 Denver Omelet
- 2005 French Toast Sticks/Sausage
- 2007 Raisin Bran/Sausage

Sandwiches & Salads

- 2100 Turkey Sandwich
- 2101 Ham Sandwich
- 2102 Roast Beef Sandwich
- 2103 Chef Salad
- 2105 Chicken Salad Sandwich

Soup

- 3000 Corn Chowder
- 3001 Beef/Barley Soup
- 3002 Navy Bean Soup
- 3004 Chicken/Wild Rice Soup
- 3005 Clam Chowder

Menu items are subject to availability. Senior Dining Choices is subsidized under contract with the Metropolitan Area Agency on Aging, Inc. as part of the Older Americans Act.

We would love to talk with you about how Optage can help build a "bridge to optimum aging." Please call us at **651.746.8200**.

Optage® is the service division of Presbyterian Homes & Services, offering innovative programs and products to help you confidently and successfully live each day to the optimum. Optage emerges from a rich history, spanning more than a half-century of housing and health care choices for older adults, provided in a spirit of Christian ministry.



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PresHomes.org

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All faiths welcome. Equal housing opportunity.