



**Website:** convenientfeast.com  
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## Fresh ingredients = Delicious Meals

### Senior Price List:

- Complete meal (*protein + 2 sides*) @ \$11
- Soup (12-oz @ \$6 or 16-oz @ \$8)
- Special – market price

**Menu options change each week!**

## Senior Meal Plan Menu

**Delivery on Tuesday, 5/7/24**

**PLEASE PLACE YOUR ORDER BY MIDNIGHT, Saturday 5/4/24**

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Baked Shrimp <input type="checkbox"/> BBQ Ribs <input type="checkbox"/> Beef Meatloaf <input type="checkbox"/> Chicken & Dumplings	<input type="checkbox"/> Broccoli <input type="checkbox"/> Corn <input type="checkbox"/> Okra & Tomatoes <input type="checkbox"/> Roasted Brussel Sprouts	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Garlic Mash Potatoes <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Veggie Fried Rice
SPECIAL - \$18	SOUP	
<input type="checkbox"/> Seafood Fried Rice ( <i>crabmeat + shrimp</i> )	<input type="checkbox"/> Chicken Noodle Soup	
SANDWICH / WRAP	SALAD	
<input type="checkbox"/> Chicken Wrap ( <i>deli chicken, cheese, tomato, lettuce</i> ) - \$8 <input type="checkbox"/> Veggie Wrap ( <i>vegetarian</i> ) - \$7	<input type="checkbox"/> Southwestern Chicken Salad ( <i>meal - salad greens, chicken, black beans, corn, red onions, sweet peppers, cherry tomatoes</i> ) - \$12 <input type="checkbox"/> Garden Salad ( <i>small</i> ) - \$3	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Strawberry Overnight Oats - \$3 <input type="checkbox"/> Turkey Bacon + Cheese Frittata - \$3 <input type="checkbox"/> Buttermilk Waffle + Turkey Bacon (3) - \$6	<input type="checkbox"/> Chimichurri Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
BREAD	SWEETS	
<input type="checkbox"/> Strawberry ( <i>mini-loaf</i> ) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2	<input type="checkbox"/> Pineapple Coconut Layer Cake - \$6	