



**Website:** convenientfeast.com  
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**Good food delivered.**  
**Fresh ingredients. Delicious meals.**

**Senior Price List:**

- Complete meal (protein + 2 sides) @ \$12
- Bulk containers @ price based on sizes
- Soup (12-oz @ \$6 or 16-oz @ \$8)
- Special – market price

**Menu options change each week!**

## Senior Meal Plan Menu

**Delivery on Tuesday, 2/24/26**

**Order by Saturday, 2/21/26**

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Baked Ham <input type="checkbox"/> Beef Stew <input type="checkbox"/> Pan Seared Trout Filet (2) <input type="checkbox"/> Stuffed Peppers (Turkey)	<input type="checkbox"/> Black Eye Peas <input type="checkbox"/> Broccoli <input type="checkbox"/> Roasted Beets <input type="checkbox"/> Spinach <input type="checkbox"/> Side Salad	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Cheesy Pasta <input type="checkbox"/> Jasmine Rice <input type="checkbox"/> Sweet Potato Whip
SPECIAL	SOUP	
<input type="checkbox"/> Jumbo Crab Cake w/Two Sides - \$21	<input type="checkbox"/> Chicken Noodle Soup	
SANDWICH / WRAP	SALAD	
<input type="checkbox"/> Turkey Wrap (deli turkey + lettuce + cheese + tomatoes) - \$13 <input type="checkbox"/> Veggie Wrap (vegetarian) - \$8	<input type="checkbox"/> Chicken Caesar Salad - \$13 (meal) <input type="checkbox"/> Garden Salad - \$3 (small)	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Banana Coconut Overnight Oats - \$4 <input type="checkbox"/> Ham + Cheese Frittata - \$4 <input type="checkbox"/> Buttermilk Pancakes + Pork Sausage (3) - \$7	<input type="checkbox"/> Caesar Dressing <input type="checkbox"/> Lemon Vinaigrette	
BREAD	SWEETS	
<input type="checkbox"/> Banana Coconut (mini-loaf) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2	<input type="checkbox"/> Banana Coconut Pudding Parfait - \$7	