



Website: convenientfeast.com
Email: customer.service@convenientfeast.com
Call: 301.980.7991

Follow us on:  @convenientfeast



Fresh ingredients = Delicious Meals

Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal (*protein + 2 sides*) @ \$13
 - bulk containers @ price based on sizes
- Soup (12-oz @ \$7 or 16-oz @ \$9)
- Special – market price

Menu options change each week!

Meal Plan Menu

Delivery on **Tuesday, 12/9/25**

PLEASE ORDER BY MIDNIGHT, Saturday 12/6/25

PROTEIN	VEGETABLE SIDES	STARCH SIDES
☐ Baked Ham ☐ Chicken & Dumpling ☐ Deep Fried Whiting ☐ Turkey Spaghetti	☐ Corn on Cob ☐ Glazed Carrots ☐ Kale ☐ Okra & Tomatoes ☐ Side Salad	☐ Brown Rice ☐ Cheesy Pasta ☐ Jasmine Rice ☐ Scalloped Potatoes
SPECIAL - \$18	SOUP	
☐ House Gumbo over Jasmine Rice w/Cheesy Biscuit	☐ New England Clam Chowder	
SANDWICH / WRAP	SALAD	
☐ Turkey Wrap (<i>deli turkey + lettuce + cheese + tomato</i>) - \$10 ☐ Veggie Wrap (<i>vegetarian</i>) - \$8	☐ Shrimp Garden Salad (<i>meal</i>) - \$13 ☐ Garden Salad (<i>small</i>) - \$3	
BREAKFAST	Salad Dressing	
☐ Spiced Pear Maple Overnight Oats - \$3 ☐ Pork Bacon + Mushroom + Cheese Frittata - \$4 ☐ Buttermilk Waffle + Pork Bacon (3) - \$7	☐ Buttermilk Ranch Dressing ☐ Lemon Vinaigrette	
BREAD	SWEETS	
☐ Spiced Pear (<i>mini-loaf</i>) - \$3 ☐ Corn Muffins (2) - \$2	☐ Sweet Potato Pie - \$6	