



**Website:** convenientfeast.com  
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**Call:** 301.980.7991  
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**Good food delivered.**  
**Fresh ingredients. Delicious meals.**

**Price List:**

- 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, 4/14/26**

**Order by Saturday, 4/11/26**

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Baked Ham <input type="checkbox"/> BBQ Chicken (Dark or White) <input type="checkbox"/> Mini Sheperd Pie (2) (Turkey) <input type="checkbox"/> Shrimp Cakes (2)	<input type="checkbox"/> Cabbage <input type="checkbox"/> Red Beans <input type="checkbox"/> Roasted Beets <input type="checkbox"/> Side Salad <input type="checkbox"/> Spinach	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Mac & 5 Cheeses <input type="checkbox"/> Mash Potatoes <input type="checkbox"/> Yellow Rice
SPECIAL	SOUP	
<input type="checkbox"/> Shrimp Etouffee over Jasmine Rice w/Garden Salad - \$21	<input type="checkbox"/> Turkey Sausage Red Bean 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"/> Shrimp Caesar Salad - \$13 (meal) <input type="checkbox"/> Garden Salad - \$3 (small) <b>Salad Dressing</b> <input type="checkbox"/> Buttermilk Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
BREAKFAST		
<input type="checkbox"/> Pineapple Coconut Overnight Oats - \$4 <input type="checkbox"/> Turkey Sausage + Cheese Frittata - \$4 <input type="checkbox"/> Buttermilk Pancakes + Turkey Sausage (3) - \$7		
BREAD	SWEETS	
<input type="checkbox"/> Pineapple Coconut (mini-loaf) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2	<input type="checkbox"/> Pineapple Coconut Layer Cake - \$7	

**DELIVERY CHANGE –**  
**No delivery for Tuesday, 4/7/26 due to the holiday.**