



Website: convenientfeast.com
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Fresh ingredients = Delicious Meals

Senior Price List:

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

Menu options change each week!

Senior Meal Plan Menu

Delivery on Tuesday, 11/11/25

PLEASE ORDER BY MIDNIGHT, Saturday 11/8/25

PROTEIN	VEGETABLE SIDES	STARCH SIDES
☐ Baked Shrimp (7) ☐ BBQ Chicken (DARK) ☐ Salisbury Steak (BEEF) ☐ Smothered Pork Chops	☐ Broccoli ☐ Corn ☐ Okra & Tomatoes ☐ Side Salad ☐ Spinach	☐ Brown Rice ☐ Cheesy Pasta ☐ Garlic Mash Potatoes ☐ Jasmine Rice
SPECIAL - \$18	SOUP	
☐ Pastalaya (shrimp + turkey sausage + chicken)	☐ Italian Sausage Potato Soup	
SANDWICH / WRAP	SALAD	
☐ Ham Wrap (deli ham + lettuce + cheese + tomato) - \$10 ☐ Veggie Wrap (vegetarian) - \$8	☐ Chicken Caesar Salad (meal) - \$13 ☐ Garden Salad (small) - \$3	
BREAKFAST	Salad Dressing	
☐ Pineapple Coconut Overnight Oats - \$3 ☐ Turkey Bacon + Cheese Frittata - \$4 ☐ Buttermilk Waffle + Turkey Bacon (3) - \$7	☐ Caesar Dressing ☐ Lemon Vinaigrette	
BREAD	SWEETS	
☐ Pineapple Coconut (mini-loaf) - \$3 ☐ Corn Muffins (2) - \$2	☐ Pineapple Coconut Layer Cake - \$7	