



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, 11/18/25

PLEASE ORDER BY MIDNIGHT, Saturday 11/15/25

PROTEIN	VEGETABLE SIDES	STARCH SIDES
☐ Chicken Parmesan ☐ Deep Fried Tilapia ☐ Pork Tenderloin in Gravy ☐ Turkey Meatloaf	☐ Collards Greens ☐ Glazed Carrots ☐ Roasted Cauliflower ☐ Side Salad ☐ String Beans	☐ Brown Rice ☐ Mac n 5 Cheeses ☐ Rice Pilaf ☐ Roasted Potatoes
SPECIAL - \$18	SOUP	
☐ Shrimp & Cheesy Grits w/Herb Biscuit	☐ Lemon Chicken Orzo Soup	
SANDWICH / WRAP	SALAD	
☐ Chicken Wrap (roasted chicken + lettuce + cheese + tomato) - \$10 ☐ Veggie Wrap (vegetarian) - \$8	☐ Chicken Garden Salad (meal) - \$13 ☐ Garden Salad (small) - \$3	
BREAKFAST	Salad Dressing	
☐ Strawberry Overnight Oats - \$3 ☐ Pork Bacon + Broccoli + Cheese Frittata - \$4 ☐ Buttermilk Pancakes + Pork Bacon (3) - \$7	☐ Buttermilk Ranch Dressing ☐ Lemon Vinaigrette	
BREAD	SWEETS	
☐ Strawberry (mini-loaf) - \$3 ☐ Corn Muffins (2) - \$2	☐ Banana Pudding Parfait - \$6	

NO DELIVERY TUESDAY, 11/25/25 DUE TO HOLIDAY

Next delivery will be Tuesday, 12/2/25