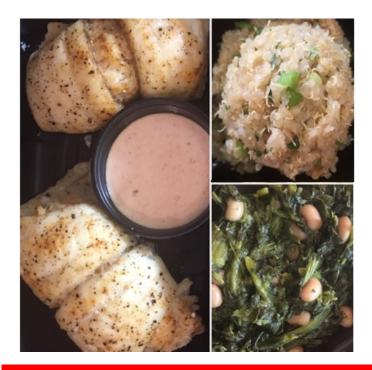




Website: convenientfeast.com

Email: customer.service@convenientfeast.com

Call: 301.980.7991



Fresh ingredients = Delicious Meals

Senior Price List:

- Complete meal \$8 per meal (protein, vegetable, grain/starch)
- Vegetarian meal \$8
- Soup (12-oz @ \$4 or 16-oz @ \$6)
- Salad starting @ \$2
- Bread starting @ \$1

Menu options change each week!

Senior Meal Plan Menu

Delivery on Tuesday, 3/3/20

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 3/1/20

PROTEIN		V	ΈG	ETABLE		G	rain/starch	
Chicken Kabobs		Corn				Bake	d Potato	
Cod Fish Cakes		Roastec	d Bru	ussels Sprouts		Brow	n Rice	
Sticky Asian Ribs	☐ Spinach 8			Blackeye Peas		Мас	n 5 Cheeses	
Turkey Spaghetti		■ String Beans				Quin	oa	
SPECIAL - \$11					S	OUP		
Flounder Stuffed w/Crabmeat with One Side				☐ Beef Vegetable Soup				
VEGETARIAN - \$8					SA	ALAD		
Hearty Hearts Crab Cakes w/One Side				Chicken Nicoise Salad (meal size) - \$8				
(vegan-friendly)				(string bean, boiled	d eg	g, tom	atoes, potatoes, olives)	
BREAKFAST - \$2.50				Garden Salad (small) - \$2				
				Salad Dressing				
Overnight Oats with Apples and D	ried			Ranch Dressing			Lemon Vinaigrette	
Cranberries								
BREAD				SWEETS				
Corn Muffin				Lemon Poundcal	се	\$3		
Lemon Poppy Seed mini loaf - \$1.5	50							