



Good food delivered!

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@convenientfeast

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, 10/15/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 10/13/19

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Fried Whiting <input type="checkbox"/> Salisbury Steak (beef) <input type="checkbox"/> Smothered Pork Chop <input type="checkbox"/> Turkey Wings	<input type="checkbox"/> Broccoli <input type="checkbox"/> Corn <input type="checkbox"/> Mixed Greens <input type="checkbox"/> Red Beans	<input type="checkbox"/> Baked Potato <input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Herb Orzo <input type="checkbox"/> Mac n 5 Cheeses
SPECIAL - \$11	SOUP	
<input type="checkbox"/> Jumbo Shrimp Alfredo Linguine w/Garlic Bread	<input type="checkbox"/> Ham and Corn Chowder	
VEGETARIAN - \$8	SALAD	
<input type="checkbox"/> Chickpea Tuna Sandwich w/One Side (<i>vegan-friendly</i>)	<input type="checkbox"/> Garden Salad (<i>small</i>) - \$2 <input type="checkbox"/> Shrimp Nicoise Salad (<i>meal size</i>) - \$8 <i>(boiled potatoes, string beans, boiled egg, lettuce mix)</i>	
	Salad Dressing	
	<input type="checkbox"/> Sunshine Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Pecan Bran (<i>mini loaf</i>) - \$1.50	<input type="checkbox"/> Bread Pudding with Brandy Sauce - \$3.50 <input type="checkbox"/> Snickerdoodle Cookies - \$1	