



Good food delivered!

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@convenientfeast

Website:

www.convenientfeast.com

Call: 301.787.9693

Email: customer.service@convenientfeast.com

Fresh ingredients = Delicious Meals



Price List:

- Protein, Vegetables, Grains/Starches - price based on sizes selected
- Vegetarian meal – starting at \$8
- Soup (12-oz) - \$5
- Salad – starting at \$2
- Breads (2 pieces) – starting at \$1
- Cake - \$4
- Pie - \$3

Meal Plan MENU – Delivery on Tuesday, 12/11/18

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday, 12/9/18

Protein	Vegetable	Grain/Starch
<input type="checkbox"/> BBQ Meatloaf <input type="checkbox"/> Bourbon Turkey Wings <input type="checkbox"/> Fried Shrimp <input type="checkbox"/> Jerk Ribs	<input type="checkbox"/> Black Beans <input type="checkbox"/> Roasted Beets <input type="checkbox"/> Spinach <input type="checkbox"/> Zucchini & Squash	<input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Couscous <input type="checkbox"/> Orzo w/peas & carrots <input type="checkbox"/> Roasted Sweet Potato
Special - \$11		Soup
<input type="checkbox"/> Half Cornish Hen w/stuffing and one Veggie		<input type="checkbox"/> Ham and Corn Chowder
Vegetarian		Salad
<input type="checkbox"/> Mushroom Lasagna <input type="checkbox"/> Spinach & Sweet Potato Enchiladas		<input type="checkbox"/> Chicken Apple Brie Garden Salad - \$8 <input type="checkbox"/> Spinach Garden Salad - \$2 <div>Salad Dressing</div> <input type="checkbox"/> Caesar Dressing <input type="checkbox"/> Lemon Vinaigrette
Bread		Sweets
<input type="checkbox"/> Cheddar Corn Muffin <input type="checkbox"/> Raisin Bran (mini loaf) - \$1.50		<input type="checkbox"/> Banana Pudding Parfait - \$3 <input type="checkbox"/> Oatmeal Raisin Cookies - \$1