



Good food delivered!

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 Website:  
 www.convenientfeast.com

Call: 301.787.9693

Email: customer.service@convenientfeast.com

## Fresh ingredients = Delicious Meals



### Price List:

- Protein, Vegetables, Grains/Starches –
  - complete meal @ \$9 or
  - bulk containers @ price based on sizes selected
- Vegetarian meal – starting @ \$8
- Soup (12-oz @ \$5 or 16-oz @ \$7)
- Salad – starting @ \$2
- Breads – starting @ \$1

## Meal Plan MENU – Delivery on Tuesday, 1/22/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday, 1/20/19

Protein	Vegetable	Grain/Starch
<input type="checkbox"/> Grilled Pork Tenderloin w/Chimichurri Sauce <input type="checkbox"/> Jerk Chicken Breast <input type="checkbox"/> Pan Seared Tilapia w/Chimichurri Sauce <input type="checkbox"/> Turkey or Beef Lasagna	<input type="checkbox"/> Black Eye Peas <input type="checkbox"/> Okra & Tomatoes <input type="checkbox"/> Spinach <input type="checkbox"/> Zucchini & Squash	<input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Quinoa Pilaf <input type="checkbox"/> Roasted Potatoes
Special - \$11	Soup	
<input type="checkbox"/> Grilled Jumbo Shrimp with Two Sides	<input type="checkbox"/> Cajun Sweet Potato Seafood Chowder	
Vegetarian	Salad	
<input type="checkbox"/> Sweet & Sticky Chickpea over Brown Rice (vegan-friendly) <input type="checkbox"/> Veggie Penne Pasta (vegan-friendly)	<input type="checkbox"/> Garden Salad (small) - \$2 <input type="checkbox"/> Grilled Salmon Garden Salad (meal size) - \$8 <div style="background-color: #e0e0e0; text-align: center; padding: 2px;">Salad Dressing</div> <input type="checkbox"/> Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
Bread	Sweets	
<input type="checkbox"/> Banana (mini loaf) - \$1.50 <input type="checkbox"/> Corn Muffin	<input type="checkbox"/> Snickerdoodle Cookies - \$1 <input type="checkbox"/> Sweet Potato Pie - \$3	