



Good food delivered!

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@convenientfeast

Website:

www.convenientfeast.com

Call: 301.787.9693

Email: [customer.service@convenientfeast.com](mailto: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, 8/27/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 8/25/19

Protein	Vegetable	Grain/Starch
<input type="checkbox"/> BBQ Ribs <input type="checkbox"/> Beef Stew <input type="checkbox"/> Grilled Chicken Breast <input type="checkbox"/> Curry Shrimp (not spicy)	<input type="checkbox"/> Broccoli <input type="checkbox"/> Corn <input type="checkbox"/> Greens <input type="checkbox"/> Red Beans	<input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Couscous <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Sweet Potato Whip
Special - \$11		Soup
<input type="checkbox"/> Crabmeat Quesadilla w/one Side		<input type="checkbox"/> Butternut Squash Soup
Vegetarian		Salad
<input type="checkbox"/> Chickpea Curry over Brown Rice (vegan friendly)		<input type="checkbox"/> Garden Salad (small) - \$2 <input type="checkbox"/> Grilled Shrimp Spinach Salad (meal size) - \$8
Bread		Sweet's
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Orange Almond (mini loaf) - \$1.50		<input type="checkbox"/> Red Velvet White Chocolate Chip Cookies - \$1 <input type="checkbox"/> Lemon Cheese Cake - \$3

Salad Dressing

☐ Ranch Dressing ☐ Lemon Vinaigrette