



Website: convenientfeast.com
Email: customer.service@convenientfeast.com
Call: 301.980.7991

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Fresh ingredients = Delicious Meals

Senior Price List:

- Complete meal (*protein + 2 sides*) @ \$12
- Soup (12-oz @ \$6 or 16-oz @ \$8)
- Special – market price

Menu options change each week!

Senior Meal Plan Menu

Delivery on Tuesday, 7/15/25

PLEASE ORDER BY MIDNIGHT, Saturday 7/12/25

PROTEIN	VEGETABLE SIDES	STARCH SIDES
☐ Baked Trout Filet (2) ☐ Beef Spaghetti ☐ Deep Fried Chicken Tenders (3) ☐ Pork Tenderloin in Gravy	☐ Butter Beans ☐ Cabbage ☐ Glazed Carrots ☐ Side Salad ☐ String Beans	☐ Brown Rice ☐ Herbed Penne Pasta ☐ Mash Potatoes ☐ Peas & Rice
SPECIAL - \$18	SOUP	
☐ Pan Seared Salmon + Two Sides	☐ Turkey Sausage Cabbage Soup	
SANDWICH / WRAP	SALAD	
☐ Chicken Wrap (<i>grilled chicken + lettuce + cheese + tomato</i>) - \$10 ☐ Veggie Wrap (<i>vegetarian</i>) - \$7	☐ Salmon Garden Salad (<i>meal</i>) - \$13 ☐ Garden Salad (<i>small</i>) - \$3	
BREAKFAST	Salad Dressing	
☐ Peach Overnight Oats - \$3 ☐ Turkey Sausage + Cheese Frittata - \$4 ☐ French Toast + Turkey Bacon (2) - \$7	☐ Buttermilk Dressing ☐ Lemon Balsamic Vinaigrette	
BREAD	SWEETS	
☐ Peach (<i>mini-loaf</i>) - \$3 ☐ Corn Muffins (2) - \$2	☐ Peach Cobbler Cheesecake - \$7	