



Website: convenientfeast.com
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Fresh ingredients = Delicious Meals

Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal (protein + 2 sides) @ \$13
 - bulk containers @ price based on sizes
- Soup (12-oz @ \$7 or 16-oz @ \$9)
- Special – market price

Menu options change each week!

Meal Plan Menu

Delivery on Tuesday, 9/16/25

PLEASE ORDER BY MIDNIGHT, Saturday 9/13/25

PROTEIN	VEGETABLE SIDES	STARCH SIDES
☐ BBQ Ribs (<i>pork</i>) ☐ Beef Meatloaf with gravy ☐ Curry Chicken (leg + thigh) (NOT SPICY) ☐ Fried Whiting	☐ Glazed Carrots ☐ Kale ☐ Lentils ☐ Side Salad ☐ String Beans	☐ Brown Rice ☐ Herbed Noodles ☐ Scalloped Potatoes ☐ Wild Rice
SPECIAL - \$18	SOUP	
☐ Pan-seared Salmon + 2 sides	☐ Ham & Corn Soup	
SANDWICH / WRAP	SALAD	
☐ Chicken Wrap (<i>chicken breast + lettuce + cheese + tomato</i>) - \$10 ☐ Veggie Wrap (<i>vegetarian</i>) - \$8	☐ Chef Garden Salad (<i>meal</i>) - \$13 ☐ Garden Salad (<i>small</i>) - \$3	
BREAKFAST	Salad Dressing	
☐ Apple Cinnamon Overnight Oats - \$3 ☐ Pork Bacon + Spinach + Cheese Frittata - \$4 ☐ Buttermilk Pancakes + Pork Bacon (3) - \$7	☐ Buttermilk Dressing ☐ Lemon Balsamic Vinaigrette	
BREAD	SWEETS	
☐ Apple Cinnamon (<i>mini-loaf</i>) - \$3 ☐ Corn Muffins (2) - \$2	☐ White Chocolate Cranberry Oatmeal Cookies (3)- \$3	