



Good food delivered!

Follow us on:



@convenientfeast

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, 6/25 /19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 6/23/19

Protein	Vegetable	Grain/Starch
<input type="checkbox"/> Chicken Kabobs <input type="checkbox"/> Fried Whiting <input type="checkbox"/> Pork Tenderloin w/Fig Sauce <input type="checkbox"/> Salisbury Steak	<input type="checkbox"/> Cabbage <input type="checkbox"/> Greens <input type="checkbox"/> Black Eye Peas <input type="checkbox"/> Roasted Beets	<input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Roasted Potatoes <input type="checkbox"/> Quinoa
Special - \$11		Soup
<input type="checkbox"/> Beef Oxtail over Brown Rice w/One Side		<input type="checkbox"/> Roasted Tomato Soup
Vegetarian		Salad
<input type="checkbox"/> Roasted Veggie Wraps (<i>vegan friendly</i>) <input type="checkbox"/> Jackfruit Curry over Brown Rice (<i>vegan-friendly</i>)		<input type="checkbox"/> Garden Salad (<i>small</i>) - \$2 <input type="checkbox"/> Chicken Spinach Salad (<i>meal size</i>) - \$8
		Salad Dressing
		<input type="checkbox"/> Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette
Bread		Sweets
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Almond Strawberry (<i>mini loaf</i>) - \$1.50		<input type="checkbox"/> Red Velvet Snack Cake - \$3 <input type="checkbox"/> Clear the Cupboard Cookies - \$1