



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, 4/29/25**

PLEASE ORDER BY MIDNIGHT, Saturday 4/26/25

PROTEIN	VEGETABLE SIDES	STARCH SIDES
☐ Beef Spaghetti ☐ Deep Fried Chicken Tenders (3) ☐ Lemon Pepper Tilapia ☐ Smothered Pork Chops	☐ Black Eye Peas ☐ Broccoli ☐ Roasted Cauliflower ☐ Side Salad ☐ Spinach	☐ Brown Rice ☐ Herbed Penne Pasta ☐ Jasmine Rice ☐ Mash Potatoes
SPECIAL - \$18		SOUP
☐ Shrimp Scampi w/Cheesy Biscuit		☐ Chicken Wild Rice Soup
SANDWICH / WRAP		SALAD
☐ Chicken Wrap (<i>chicken breast + lettuce + cheese + tomato</i>) - \$10 ☐ Veggie Wrap (<i>vegetarian</i>) - \$7		☐ Chicken Garden Salad (<i>meal</i>) - \$13 ☐ Garden Salad (<i>small</i>) - \$3
BREAKFAST		Salad Dressing
☐ Strawberry Overnight Oats - \$3 ☐ Turkey Bacon + Mushroom + Cheese Frittata - \$4 ☐ Buttermilk Waffle + Turkey Bacon (3) - \$7		☐ Buttermilk Ranch Dressing ☐ Lemon Vinaigrette
BREAD		SWEETS
☐ Strawberry Crumb (<i>mini-loaf</i>) - \$3 ☐ Corn Muffins (2) - \$2		☐ Strawberry Crunch Cake - \$5

Please note the new price for standard complete meal.