



Website: convenientfeast.com
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**Good food delivered.
Fresh ingredients. Delicious meals.**

Price List:

- 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, 1/27/26

Order by Saturday, 1/24/26

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Deep Fried Whiting <input type="checkbox"/> Pork Tenderloin in Gravy <input type="checkbox"/> Teriyaki Shredded Chicken <input type="checkbox"/> Turkey Spaghetti	<input type="checkbox"/> Cabbage <input type="checkbox"/> Mix Vegetables <input type="checkbox"/> Okra & Tomatoes <input type="checkbox"/> Roasted Brussels Sprouts <input type="checkbox"/> Side Salad	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Buttered Noodles <input type="checkbox"/> Garlic Mash Potatoes <input type="checkbox"/> Rice Pilaf
SPECIAL		
<input type="checkbox"/> Baked Salmon + Two sides - \$21		
SANDWICH / WRAP	Soup	SALAD
<input type="checkbox"/> Turkey Wrap (deli turkey + lettuce + cheese + tomatoes) - \$13 <input type="checkbox"/> Veggie Wrap (vegetarian) - \$8	<input type="checkbox"/> Turkey Chili (not spicy)	<input type="checkbox"/> Salmon Garden Salad - \$13 (meal) <input type="checkbox"/> Garden Salad (small) - \$3
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Blueberry Overnight Oats - \$4 <input type="checkbox"/> Turkey Bacon + Spinach + Cheese Frittata - \$4 <input type="checkbox"/> Buttermilk Pancakes + Turkey Bacon (3) - \$7	<input type="checkbox"/> Buttermilk Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
BREAD	SWEETS	
<input type="checkbox"/> Blueberry (mini-loaf) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2	<input type="checkbox"/> Red Velvet Pound Cake - \$6	