



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

Senior Price List:

- Complete meal (protein + 2 sides) @ \$12
- Bulk containers @ price based on sizes
- Soup (12-oz @ \$6 or 16-oz @ \$8)
- Special – market price

Menu options change each week!

Senior Meal Plan Menu

Delivery on Tuesday, 3/31/26

Order by Saturday, 3/28/26

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Baked Shrimp (7) <input type="checkbox"/> Beef Lasagna <input type="checkbox"/> Curry Chicken (leg +thigh) (NOT Spicy) <input type="checkbox"/> Honey Garlic Pork Tenderloin	<input type="checkbox"/> Black Eye Peas <input type="checkbox"/> Collard Greens <input type="checkbox"/> Side Salad <input type="checkbox"/> String Beans <input type="checkbox"/> Succotash	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Jasmine Rice <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Roasted Potatoes
SPECIAL	SOUP	
<input type="checkbox"/> House Gumbo over Jasmine Rice w/Cheesy Biscuit - \$21	<input type="checkbox"/> Chicken Noodle Soup	
SANDWICH / WRAP	SALAD	
<input type="checkbox"/> Chicken Wrap (chicken breast + lettuce + cheese + tomatoes) - \$13 <input type="checkbox"/> Veggie Wrap (vegetarian) - \$8	<input type="checkbox"/> Chicken Garden Salad - \$13 (meal) <input type="checkbox"/> Garden Salad - \$3 (small)	
BREAKFAST	Salad Dressing <input type="checkbox"/> Buttermilk Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
<input type="checkbox"/> Strawberry Overnight Oats - \$4 <input type="checkbox"/> Pork Bacon + Sweet Peppers + Cheese Frittata - \$4 <input type="checkbox"/> Buttermilk Waffle + Pork Bacon (3) - \$7		
BREAD	SWEETS	
<input type="checkbox"/> Lemon Strawberry (mini-loaf) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2	<input type="checkbox"/> Lemon Strawberry Cupcakes (2) - \$7	