



**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, 1/13/26**

**Order by Saturday, 1/10/26**

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Baked Shrimp (7) <input type="checkbox"/> Beef Meatloaf w/Gravy <input type="checkbox"/> Deep Fried Chicken Tenders (3) <input type="checkbox"/> Smothered Pork Chops	<input type="checkbox"/> Broccoli <input type="checkbox"/> Glazed Carrots <input type="checkbox"/> Roasted Beets <input type="checkbox"/> Side Salad <input type="checkbox"/> Spinach	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Jasmine Rice <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Mash Potatoes
SPECIAL	SOUP	
<input type="checkbox"/> Crabmeat Stuffed Flounder + Two Sides - \$21	<input type="checkbox"/> Ham + Potato Chowder	
SANDWICH / WRAP	SALAD	
<input type="checkbox"/> Chicken Caesar Wrap (chicken breast + lettuce + cheese + Caesar dressing) - \$12 <input type="checkbox"/> Veggie Wrap (vegetarian) - \$8	<input type="checkbox"/> Chicken Caesar Salad (meal) - \$13 <input type="checkbox"/> Garden Salad (small) - \$3 <b>Salad Dressing</b> <input type="checkbox"/> Caesar Dressing <input type="checkbox"/> Lemon Vinaigrette	
BREAKFAST		
<input type="checkbox"/> Apple Spice Overnight Oats - \$4 <input type="checkbox"/> Ham + Cheese Frittata - \$4 <input type="checkbox"/> French Toast + Turkey Sausage (3) - \$7		
BREAD	SWEETS	
<input type="checkbox"/> Apple Spice (mini-loaf) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2	<input type="checkbox"/> Carrot Layer Cake with Cream Cheese Frosting - \$7	