



Follow us on:



@convenientfeast

Website: convenientfeast.com

Email: customer.service@convenientfeast.com

Call: 301.980.7991



Fresh ingredients = Delicious Meals

Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal @ \$10 or
 - bulk containers @ price based on sizes selected
- Vegetarian meal – starting @ \$10
- Soup (12-oz @ \$6 or 16-oz @ \$8)
- Salad – starting @ \$2
- Bread – starting @ \$1

Menu options change each week!

Meal Plan Menu

Delivery on Tuesday, 1/26/21

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 1/24/21

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Baked Tilapia Filet <input type="checkbox"/> Beef Pot Roast <input type="checkbox"/> Shredded Teriyaki Chicken <input type="checkbox"/> Smothered Pork Chops	<input type="checkbox"/> Corn on Cob <input type="checkbox"/> Grilled Veggies <input type="checkbox"/> Spinach <input type="checkbox"/> String Beans	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Buttered Noodles <input type="checkbox"/> Sweet Potato Whip <input type="checkbox"/> Yellow Rice
SPECIAL - \$12	SOUP	
<input type="checkbox"/> Sheet Pan Jumbo Shrimp Boil <i>(Jumbo Shrimp, Turkey Sausage, Corn on Cob, Potatoes)</i>	<input type="checkbox"/> Cabbage Turkey Sausage Soup	
VEGETARIAN or PROTEIN BOWL - \$10	SALAD	
<input type="checkbox"/> Veggie Fried Rice <i>(vegetarian)</i> <input type="checkbox"/> Ground Turkey Teriyaki Bowl <i>(ground turkey, brown rice, broccoli)</i>	<input type="checkbox"/> Shrimp Garden Salad <i>(meal size)</i> - \$10 <input type="checkbox"/> Garden Salad <i>(small)</i> - \$2	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Bacon Tomato Frittata - \$3 <input type="checkbox"/> Blueberry Almond Overnight Oats - \$2.50	<input type="checkbox"/> Fig Balsamic Vinaigrette <input type="checkbox"/> Ranch Dressing	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Gingerbread <i>(mini loaf)</i> - \$1.50	<input type="checkbox"/> Almond Amaretto Pound Cake - \$4	