



Good food delivered!

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@convenientfeast

Website:

www.convenientfeast.com

Call: 301.787.9693

Email: customer.service@convenientfeast.com

Fresh ingredients = Delicious Meals



Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal @ \$9 or
 - bulk containers @ price based on sizes selected
- Vegetarian meal – starting @ \$8
- Soup (12-oz @ \$5 or 16-oz @ \$7)
- Salad – starting @ \$2
- Breads – starting @ \$1

Meal Plan MENU – Delivery on Tuesday, 5/21/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 5/19/19

Protein	Vegetable	Grain/Starch
<input type="checkbox"/> BBQ Ribs <input type="checkbox"/> Chicken Fried Rice <input type="checkbox"/> Grilled Mahi Mahi <input type="checkbox"/> Meatloaf (Beef or Turkey)	<input type="checkbox"/> Black Beans <input type="checkbox"/> Broccoli <input type="checkbox"/> Cabbage <input type="checkbox"/> Roasted Zucchini	<input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Mash Potato <input type="checkbox"/> Peas n Rice <input type="checkbox"/> Couscous
Special - \$11		Soup
<input type="checkbox"/> Crabcake w/one Side		<input type="checkbox"/> Chicken Noodle Soup
Vegetarian		Salad
<input type="checkbox"/> Sweet Potato Quesadillas w/one side <i>(vegan-friendly)</i> <input type="checkbox"/> Mushroom Lentil Loaf w/one side <i>(vegan friendly)</i>		<input type="checkbox"/> Garden Salad <i>(small)</i> - \$2 <input type="checkbox"/> Grilled Tuna Steak Garden Salad <i>(meal size)</i> - \$8
		Salad Dressing
		<input type="checkbox"/> Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette
Bread		Sweets
<input type="checkbox"/> Lemon Poppy Seed <i>(mini loaf)</i> - \$1.50 <input type="checkbox"/> Corn Muffin		<input type="checkbox"/> Clear the Cupboard Cookies - \$1 <input type="checkbox"/> Rice Pudding - \$3