



Website: convenientfeast.com
Email: customer.service@convenientfeast.com
Call: 301.980.7991

Follow us on:  @convenientfeast



Fresh ingredients = Delicious Meals

Price List:

- Protein, Vegetables, Grains/Starches –
 - 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, 10/14/25

PLEASE ORDER BY MIDNIGHT, Saturday 10/11/25

PROTEIN	VEGETABLE SIDES	STARCH SIDES
☐ Blackened Tilapia ☐ Deep Fried Chicken Tenders (3) ☐ Smothered Pork Chops ☐ Turkey Lasagna	☐ Broccoli ☐ Corn ☐ Glazed Carrots ☐ Side Salad ☐ Spinach	☐ Brown Rice ☐ Mac & 5 Cheeses ☐ Red Rice ☐ Roasted Potatoes
SPECIAL - \$18	SOUP	
☐ Baked Salmon + Two Sides	☐ Chicken Noodle Soup	
SANDWICH / WRAP	SALAD	
☐ Turkey Wrap (<i>deli turkey + lettuce + cheese + tomato</i>) - \$10 ☐ Veggie Wrap (<i>vegetarian</i>) - \$8	☐ Salmon Garden Salad (<i>meal</i>) - \$13 ☐ Garden Salad (<i>small</i>) - \$3	
BREAKFAST	Salad Dressing	
☐ Banana Overnight Oats - \$3 ☐ Pork Bacon + Cheese Frittata - \$4 ☐ French Toast + Pork Bacon (3) - \$7	☐ Blue Cheese Dressing ☐ Lemon Balsamic Vinaigrette	
BREAD	SWEETS	
☐ Banana (<i>mini-loaf</i>) - \$3 ☐ Corn Muffins (2) - \$2	☐ Lemon Peppermint Cupcakes (2) - \$7 (<i>lemon cupcake + peppermint frosting</i>) (<i>Inspired by the Baltimore Lemon Stick, a traditional treat made of a fresh lemon with a soft peppermint stick inserted into it</i>)	