



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, 2/26/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 2/24/19

Protein	Vegetable	Grain/Starch
<input type="checkbox"/> Beef Kabobs <input type="checkbox"/> Grilled Chicken Wings <input type="checkbox"/> Jerk Ribs (Pork) <input type="checkbox"/> Pan Seared Swordfish	<input type="checkbox"/> Glazed Carrots <input type="checkbox"/> Spinach w/Black Eye Peas <input type="checkbox"/> Three Bean Mix <input type="checkbox"/> Yellow Squash Roasted	<input type="checkbox"/> Baked Potato <input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Farro <input type="checkbox"/> Mac n 5 Cheeses
Special - \$11		Soup
<input type="checkbox"/> Shrimp & Crabmeat Rice w/one side		<input type="checkbox"/> Chicken & Wild Rice Mushroom Soup
Vegetarian		Salad
<input type="checkbox"/> Roasted Veggie Wraps (<i>vegan-friendly</i>) <input type="checkbox"/> Southwestern Zucchini Boats (<i>vegan friendly</i>)		<input type="checkbox"/> Garden Salad (<i>small</i>) - \$2 <input type="checkbox"/> Shrimp Garden Salad (<i>meal size</i>) - \$8
		Salad Dressing
		<input type="checkbox"/> Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette
Bread		Sweets
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Raisin Bran (<i>mini loaf</i>) - \$1.50		<input type="checkbox"/> Rice Pudding Regular or Diabetic-Friendly - \$3 <input type="checkbox"/> Lemon Crinkle Cookies - \$1