



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

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## 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, 11/18/25**

**PLEASE ORDER BY MIDNIGHT, Saturday 11/15/25**

| PROTEIN                                                                                                                                                                                                   | VEGETABLE SIDES                                                                                                                                                                                                     | STARCH SIDES                                                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Chicken Parmesan<br><input type="checkbox"/> Deep Fried Tilapia<br><input type="checkbox"/> Pork Tenderloin in Gravy<br><input type="checkbox"/> Turkey Meatloaf                 | <input type="checkbox"/> Collards Greens<br><input type="checkbox"/> Glazed Carrots<br><input type="checkbox"/> Roasted Cauliflower<br><input type="checkbox"/> Side Salad<br><input type="checkbox"/> String Beans | <input type="checkbox"/> Brown Rice<br><input type="checkbox"/> Mac n 5 Cheeses<br><input type="checkbox"/> Rice Pilaf<br><input type="checkbox"/> Roasted Potatoes |
| SPECIAL - \$18                                                                                                                                                                                            | SOUP                                                                                                                                                                                                                |                                                                                                                                                                     |
| <input type="checkbox"/> Shrimp & Cheesy Grits w/Herb Biscuit                                                                                                                                             | <input type="checkbox"/> Lemon Chicken Orzo Soup                                                                                                                                                                    |                                                                                                                                                                     |
| SANDWICH / WRAP                                                                                                                                                                                           | SALAD                                                                                                                                                                                                               |                                                                                                                                                                     |
| <input type="checkbox"/> Chicken Wrap ( <i>roasted chicken + lettuce + cheese + tomato</i> ) - \$10<br><input type="checkbox"/> Veggie Wrap ( <i>vegetarian</i> ) - \$8                                   | <input type="checkbox"/> Chicken Garden Salad ( <i>meal</i> ) - \$13<br><input type="checkbox"/> Garden Salad ( <i>small</i> ) - \$3                                                                                |                                                                                                                                                                     |
| BREAKFAST                                                                                                                                                                                                 | Salad Dressing                                                                                                                                                                                                      |                                                                                                                                                                     |
| <input type="checkbox"/> Strawberry Overnight Oats - \$3<br><input type="checkbox"/> Pork Bacon + Broccoli + Cheese Frittata - \$4<br><input type="checkbox"/> Buttermilk Pancakes + Pork Bacon (3) - \$7 | <input type="checkbox"/> Buttermilk Ranch Dressing<br><input type="checkbox"/> Lemon Vinaigrette                                                                                                                    |                                                                                                                                                                     |
| BREAD                                                                                                                                                                                                     | SWEETS                                                                                                                                                                                                              |                                                                                                                                                                     |
| <input type="checkbox"/> Strawberry ( <i>mini-loaf</i> ) - \$3<br><input type="checkbox"/> Corn Muffins (2) - \$2                                                                                         | <input type="checkbox"/> Banana Pudding Parfait - \$6                                                                                                                                                               |                                                                                                                                                                     |

**NO DELIVERY TUESDAY, 11/25/25 DUE TO HOLIDAY**  
**Next delivery will be Tuesday, 12/2/25**