



**Website:** convenientfeast.com  
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**Fresh ingredients = Delicious Meals**

**Senior Price List:**

- Complete meal (*protein + 2 sides*) @ \$11
- Soup (12-oz @ \$6 or 16-oz @ \$8)
- Special – market price

**Menu options change each week!**

**Senior Meal Plan Menu**

**Delivery on Tuesday, 4/8/25**

**PLEASE ORDER BY MIDNIGHT, Saturday 4/5/25**

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Baked Ham <input type="checkbox"/> Salmon Cakes <input type="checkbox"/> Smothered Chicken (DARK) <input type="checkbox"/> Turkey Meatballs in Tomato Sauce	<input type="checkbox"/> Broccoli <input type="checkbox"/> Corn on Cob <input type="checkbox"/> Kale <input type="checkbox"/> Peas & Carrots <input type="checkbox"/> Side Salad	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Jasmine Rice <input type="checkbox"/> Mac & 5 Cheeses <input type="checkbox"/> Roasted Potatoes
SPECIAL - \$18		SOUP
<input type="checkbox"/> Jumbo Crabcake w/Two Sides		<input type="checkbox"/> Turkey Chili Soup
SANDWICH / WRAP		SALAD
<input type="checkbox"/> Chicken Wrap ( <i>grilled chicken + lettuce + cheese + tomato</i> ) - \$9 <input type="checkbox"/> Veggie Wrap ( <i>vegetarian</i> ) - \$7		<input type="checkbox"/> Chicken Garden Salad ( <i>meal</i> ) - \$13 <input type="checkbox"/> Garden Salad ( <i>small</i> ) - \$3 <b>Salad Dressing</b> <input type="checkbox"/> Buttermilk Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette
BREAKFAST		
<input type="checkbox"/> Peach Cobbler Overnight Oats - \$3 <input type="checkbox"/> Turkey Sausage + Cheese Frittata - \$4 <input type="checkbox"/> Buttermilk Waffle + Turkey Bacon (3) - \$7		
BREAD		SWEETS
<input type="checkbox"/> Peach Cobbler ( <i>mini-loaf</i> ) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2		<input type="checkbox"/> Peach Cobbler Bread Pudding - \$6