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@convenientfeast

Website: convenientfeast.com

Email: customer.service@convenientfeast.com

Call: 301.980.7991



Fresh ingredients = Delicious Meals

Senior Price List:

- **Complete meal - \$9 per meal**
(protein, vegetable, grain/starch)
- Vegetarian meal – \$9
- Soup (12-oz @ \$5 or 16-oz @ \$7)
- Salad – starting @ \$2
- Bread – starting @ \$1

Menu options change each week!

Senior Meal Plan Menu

Delivery on Tuesday, 8/4/20

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 8/2/20

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Chicken Parmesan <input type="checkbox"/> Fried Tilapia <input type="checkbox"/> Mongolian Beef (<i>beef strips, peppers, onions</i>) <input type="checkbox"/> Pork Tenderloin in Mushroom Sauce	<input type="checkbox"/> Cabbage <input type="checkbox"/> Peas & Carrots <input type="checkbox"/> Red Beans <input type="checkbox"/> Spinach	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Couscous <input type="checkbox"/> Scalloped Potatoes <input type="checkbox"/> Spaghetti in Tomato Sauce
SPECIAL - \$12	SOUP	
<input type="checkbox"/> Crabmeat Quesadillas w/one Side	<input type="checkbox"/> Corn & Shrimp Chowder	
VEGETARIAN - \$9	SALAD	
<input type="checkbox"/> Sweet Potato Quesadillas (<i>vegetarian</i>)	<input type="checkbox"/> Shrimp Garden Salad (<i>meal size</i>) - \$9 <input type="checkbox"/> Garden Salad (<i>small</i>) - \$2	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Veggies + Feta Cheese Frittata - \$3 <input type="checkbox"/> Mixed Berries Overnight Oats - \$2.50	<input type="checkbox"/> Lemon Vinaigrette <input type="checkbox"/> Ranch Dressing	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Carrot Raisin (<i>mini loaf</i>) - \$1.50	<input type="checkbox"/> Carrot Cake with Cream Cheese Frosting - \$4	

Note: New prices are in effect. As always, all prices have the tax built in already.