



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

### Senior Price List:

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

**Menu options change each week!**

## Senior Meal Plan Menu

**Delivery on Tuesday, 9/9/25**

**PLEASE ORDER BY MIDNIGHT, Saturday 9/6/25**

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Baked Shrimp (7) <input type="checkbox"/> Honey Old Bay Chicken Wings (3) <input type="checkbox"/> Smothered Pork Chops <input type="checkbox"/> Turkey Lasagna	<input type="checkbox"/> Black Eye Peas <input type="checkbox"/> Broccoli <input type="checkbox"/> Cabbage <input type="checkbox"/> Corn <input type="checkbox"/> Side Salad	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Mac & 5 Cheeses <input type="checkbox"/> Mash Potatoes <input type="checkbox"/> Veggie Fried Rice
SPECIAL - \$18	SOUP	
<input type="checkbox"/> Everything Fried Rice (turkey sausage, chicken, shrimp)	<input type="checkbox"/> Chicken Wild Rice Soup	
SANDWICH / WRAP	SALAD	
<input type="checkbox"/> Ham Wrap ( <i>deli ham + lettuce + cheese + tomato</i> ) - \$10 <input type="checkbox"/> Veggie Wrap ( <i>vegetarian</i> ) - \$8	<input type="checkbox"/> Chicken Caesar Salad ( <i>meal</i> ) - \$13 <input type="checkbox"/> Garden Salad ( <i>small</i> ) - \$3	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Strawberry Overnight Oats - \$3 <input type="checkbox"/> Turkey Sausage + Mushroom + Cheese Frittata - \$4 <input type="checkbox"/> Buttermilk Waffle + Turkey Sausage Links (3) - \$7	<input type="checkbox"/> Caesar Dressing <input type="checkbox"/> Lemon Balsamic Vinaigrette	
BREAD	SWEETS	
<input type="checkbox"/> Strawberry ( <i>mini-loaf</i> ) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2	<input type="checkbox"/> Lemon Strawberry Pound Cake - \$5	

### DELIVERY CHANGE FOR SEPTEMBER:

- No delivery Tuesday, 9/2/25 due to Labor Day Holiday
- First September delivery will be Tuesday, 9/9/25.