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@convenientfeast

Website: convenientfeast.com

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Fresh ingredients = Delicious Meals



Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal @ \$10 or
 - bulk containers @ price based on sizes selected
- Vegetarian meal – starting @ \$10
- Soup (12-oz @ \$6 or 16-oz @ \$8)
- Salad – starting @ \$2
- Bread – starting @ \$1

Menu options change each week!

Meal Plan MENU

Delivery on Tuesday, 12/8/20

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 12/6/20

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Beef Stew	<input type="checkbox"/> Black Eye Peas	<input type="checkbox"/> Baked Potato
<input type="checkbox"/> Grilled Chicken Cutlet	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Brown Rice
<input type="checkbox"/> Pineapple Glazed Pork Loin	<input type="checkbox"/> Greens	<input type="checkbox"/> Buttered Noodles
<input type="checkbox"/> Salmon Cakes	<input type="checkbox"/> Roasted Carrots	<input type="checkbox"/> Cauliflower Rice
SPECIAL - \$12	SOUP	
<input type="checkbox"/> Pastalaya (Chicken + Shrimp + Turkey Sausage)	<input type="checkbox"/> Sweet Potato Salmon Chowder	
VEGETARIAN - \$10	SALAD	
<input type="checkbox"/> Roasted Veggie over Jasmine Rice Bowl (broccoli, chickpeas, carrots, onions & cabbage)	<input type="checkbox"/> Salmon Garden Salad (meal size) - \$10	
	<input type="checkbox"/> Garden Salad (small) - \$2	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Salmon Veggie Frittata - \$3	<input type="checkbox"/> Lemon Vinaigrette	
<input type="checkbox"/> Blueberry Overnight Oats - \$2.50	<input type="checkbox"/> Ranch Dressing	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin	<input type="checkbox"/> Lemon Pound cake - \$3.50	
<input type="checkbox"/> Orange Marmalade Gingerbread (mini loaf) - \$1.50		