



Website: convenientfeast.com
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Good food delivered.
Fresh ingredients. Delicious meals.

Price List:

- 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, 5/5/26

Order by Saturday, 5/2/26

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Baked Chicken (<i>leg & thigh</i>) <input type="checkbox"/> BBQ Ribs <input type="checkbox"/> Deep Fried Flounder <input type="checkbox"/> Salisbury Steak (<i>Beef</i>)	<input type="checkbox"/> Glazed Carrots <input type="checkbox"/> Okra & Tomatoes <input type="checkbox"/> Pinto Beans <input type="checkbox"/> Side Salad <input type="checkbox"/> Spinach	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Garlic Mash Potatoes <input type="checkbox"/> Mac & 5 Cheeses <input type="checkbox"/> Red Rice
SPECIAL	SOUP	
<input type="checkbox"/> Colossal Shrimp w/Crabmeat Stuffing (4) w/Two Sides - \$21	<input type="checkbox"/> Crabmeat Bisque	
SANDWICH / WRAP	SALAD	
<input type="checkbox"/> Turkey Wrap (<i>deli turkey breast + lettuce + tomato + cheese</i>) - \$13 <input type="checkbox"/> Veggie Wrap (<i>vegetarian</i>) - \$8	<input type="checkbox"/> Chef Garden Salad - \$13 (<i>meal</i>) <input type="checkbox"/> Garden Salad - \$3 (<i>small</i>)	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Strawberry Overnight Oats - \$4 <input type="checkbox"/> Turkey Bacon + Cheese Frittata - \$4 <input type="checkbox"/> Buttermilk Pancakes + Turkey Bacon (3) - \$7	<input type="checkbox"/> Buttermilk Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
BREAD	SWEETS	
<input type="checkbox"/> Strawberry (<i>mini-loaf</i>) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2	<input type="checkbox"/> Strawberry Layer Cake - \$7 <i>(strawberry cake + strawberry filling + strawberry buttercream)</i>	

Note: Effective May 5, 2026, the delivery charge is now \$2.