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@convenientfeast

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Fresh ingredients = Delicious Meals

Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal @ \$9 or
 - bulk containers @ price based on sizes selected
- Vegetarian meal – starting @ \$9
- Soup (12-oz @ \$5 or 16-oz @ \$7)
- Salad – starting @ \$2
- Bread – starting @ \$1

Menu options change each week!

Meal Plan MENU

Delivery on Tuesday, 11/12/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 11/10/19

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> BBQ Ribs	<input type="checkbox"/> Cabbage	<input type="checkbox"/> Baked Potato
<input type="checkbox"/> Grilled Chicken Breast Kabobs	<input type="checkbox"/> Navy Beans	<input type="checkbox"/> Brown or White Rice
<input type="checkbox"/> Salisbury Steak w/Gravy (BEEF)	<input type="checkbox"/> Roasted Corn	<input type="checkbox"/> Mac n 5 Cheeses
<input type="checkbox"/> Sweet & Sour Shrimp	<input type="checkbox"/> String Beans	<input type="checkbox"/> Quinoa
SPECIAL - \$11	SOUP	
<input type="checkbox"/> Salmon Burger w/one Side	<input type="checkbox"/> Potato Kale Turkey Sausage Soup	
VEGETARIAN - \$9	SALAD	
<input type="checkbox"/> Sweet & Sour Chickpeas over Jasmine Rice (vegan-friendly)	<input type="checkbox"/> Garden Salad (small) - \$2	
	<input type="checkbox"/> Grilled Salmon Garden Salad (meal size) - \$9	
	Salad Dressing	
	<input type="checkbox"/> Ranch Dressing	<input type="checkbox"/> Lemon Vinaigrette
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin	<input type="checkbox"/> Caramel Layer Cake - \$4	
<input type="checkbox"/> Poppyseed Lemon Mini Loaf - \$1.50		