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@convenientfeast

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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, 6/15/21

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 6/13/21

| PROTEIN | VEGETABLE | GRAIN/STARCH |
|---|---|--|
| <input type="checkbox"/> BBQ Pork Chops | <input type="checkbox"/> BBQ Beans | <input type="checkbox"/> Brown Rice |
| <input type="checkbox"/> Beef & Broccoli | <input type="checkbox"/> Glazed Carrots | <input type="checkbox"/> Couscous |
| <input type="checkbox"/> Grilled Jerk Chicken Breast | <input type="checkbox"/> Roasted Veggies | <input type="checkbox"/> Sweet Potato Whip |
| <input type="checkbox"/> Salmon Cakes | <input type="checkbox"/> Spinach | <input type="checkbox"/> Wild Rice |
| SPECIAL - \$12 | SOUP | |
| <input type="checkbox"/> Shrimp Scampi with Pasta | <input type="checkbox"/> Chicken Mushroom Wild Rice Soup | |
| VEGETARIAN or PROTEIN BOWL - \$10 | SALAD | |
| <input type="checkbox"/> Veggie Fried Rice (vegetarian) | <input type="checkbox"/> Shrimp Caesar Salad - \$10 | |
| <input type="checkbox"/> Greek Shrimp Bowl (shrimp, wild rice, roasted veggies) | <input type="checkbox"/> Garden Salad (small) - \$2 | |
| BREAKFAST | Salad Dressing | |
| <input type="checkbox"/> Bacon Veggie Frittata - \$3 | <input type="checkbox"/> Lemon Vinaigrette | |
| <input type="checkbox"/> Apple Cinnamon Raisin Overnight Oats - \$2.50 | <input type="checkbox"/> House Caesar Dressing | |
| <input type="checkbox"/> Buttermilk Pancakes + Bacon (3) - \$6 | SWEETS | |
| BREAD | <input type="checkbox"/> Chocolate X3 Layer Cake - \$4.50 | |
| <input type="checkbox"/> Corn Muffin | | |
| <input type="checkbox"/> Cinnamon Raisin (mini loaf) - \$1.50 | | |