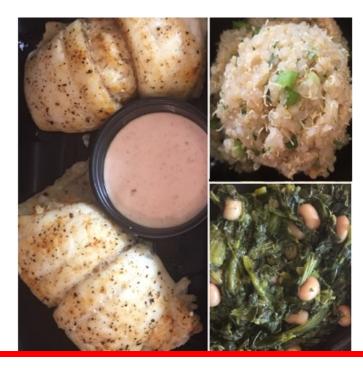




Website: convenientfeast.com

Email: customer.service@convenientfeast.com

Call: 301.980.7991



## Fresh ingredients = Delicious Meals

## Price List:

- Protein, Vegetables, Grains/Starches
  - o 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, 3/3/20

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 3/1/20

PROTEIN		VE	EGETABLE		GRAIN/STARCH	
Chicken Kabobs	☐ Cor	n			Baked Potato	
Cod Fish Cakes	■ Roasted Bruss		Brussels Sprouts		Brown Rice	
Sticky Asian Ribs	■ Spinach & Blackeye Peas			Mac n 5 Cheeses		
Turkey Spaghetti	■ String Beans			Quinoa		
SPECIAL - \$11				S	OUP	
Flounder Stuffed w/Crabmeat with One Side		le	☐ Beef Vegetable S	Beef Vegetable Soup		
VEGETARIAN - \$9				S	ALAD	
Hearty Hearts Crab Cakes w/One Side			☐ Chicken Nicoise Salad (meal size) - \$9			
(vegan-friendly)			(string bean, boile	d ec	gg, tomatoes, potatoes, olives)	
(vegan-friendly)  BREAKFAST - \$2.50			(string bean, boile)  Garden Salad (sr			
,,			☐ Garden Salad (sr	nall)		
,,	Pried		☐ Garden Salad (sr	nall) alac	- \$2	
BREAKFAST - \$2.50	Pried		☐ Garden Salad (sr S	nall) alac	- \$2 d Dressing	
BREAKFAST - \$2.50  Overnight Oats with Apples and D	Pried		☐ Garden Salad (sr S	mall) alac	- \$2 d Dressing	
BREAKFAST - \$2.50  Overnight Oats with Apples and D  Cranberries	Pried		☐ Garden Salad (sr S	nall) alac	- \$2 d Dressing Lemon Vinaigrette  WEETS	