



Website: convenientfeast.com
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Fresh ingredients = Delicious Meals

Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal (protein + 2 sides) @ \$12 or 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, 4/8/25

PLEASE ORDER BY MIDNIGHT, Saturday 4/5/25

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Baked Ham <input type="checkbox"/> Salmon Cakes <input type="checkbox"/> Smothered Chicken (DARK) <input type="checkbox"/> Turkey Meatballs in Tomato Sauce	<input type="checkbox"/> Broccoli <input type="checkbox"/> Corn on Cob <input type="checkbox"/> Kale <input type="checkbox"/> Peas & Carrots <input type="checkbox"/> Side Salad	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Jasmine Rice <input type="checkbox"/> Mac & 5 Cheeses <input type="checkbox"/> Roasted Potatoes
SPECIAL - \$18		SOUP
<input type="checkbox"/> Jumbo Crabcake w/Two Sides		<input type="checkbox"/> Turkey Chili Soup
SANDWICH / WRAP		SALAD
<input type="checkbox"/> Chicken Wrap (grilled chicken + lettuce + cheese + tomato) - \$9 <input type="checkbox"/> Veggie Wrap (vegetarian) - \$7		<input type="checkbox"/> Chicken Garden Salad (meal) - \$13 <input type="checkbox"/> Garden Salad (small) - \$3 Salad Dressing <input type="checkbox"/> Buttermilk Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette
BREAKFAST		
<input type="checkbox"/> Peach Cobbler Overnight Oats - \$3 <input type="checkbox"/> Turkey Sausage + Cheese Frittata - \$4 <input type="checkbox"/> Buttermilk Waffle + Turkey Bacon (3) - \$7		
BREAD		SWEETS
<input type="checkbox"/> Peach Cobbler (mini-loaf) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2		<input type="checkbox"/> Peach Cobbler Bread Pudding - \$6