



**Website:** convenientfeast.com  
**Email:** customer.service@convenientfeast.com  
**Call:** 301.980.7991

**Follow us on:** @convenientfeast



**Fresh ingredients = Delicious Meals**

**Senior Price List:**

- Complete meal (*protein + 2 sides*) @ \$11
- Soup (12-oz @ \$6 or 16-oz @ \$8)
- Special – market price

**Menu options change each week!**

**Senior Meal Plan Menu**

**Delivery on Tuesday, 12/10/24**

**PLEASE ORDER BY MIDNIGHT, Saturday 12/7/24**

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Baked Ham <input type="checkbox"/> Deep Fried Chicken Tenders (3) <input type="checkbox"/> Salisbury Steak (BEEF) <input type="checkbox"/> Teriyaki Tilapia	<input type="checkbox"/> Black Eye Peas <input type="checkbox"/> Glazed Carrots <input type="checkbox"/> Mix Greens <input type="checkbox"/> Side Salad <input type="checkbox"/> String Beans	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Garlic Mash Potatoes <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Yellow Rice
SPECIAL - \$18	SOUP	
<input type="checkbox"/> Beef Short Ribs + Two Sides	<input type="checkbox"/> Ham + Mix Beans Soup	
SANDWICH / WRAP	SALAD	
<input type="checkbox"/> Turkey Wrap ( <i>deli turkey + lettuce + cheese + tomato</i> ) - \$9 <input type="checkbox"/> Veggie Wrap ( <i>vegetarian</i> ) - \$7	<input type="checkbox"/> Chicken Garden Salad ( <i>meal</i> ) - \$13 <input type="checkbox"/> Garden Salad ( <i>small</i> ) - \$3	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Banana Strawberry Overnight Oats - \$3 <input type="checkbox"/> Ham + Mushrooms + Cheese Frittata - \$3 <input type="checkbox"/> French Toast + Pork Bacon (3) - \$6	<input type="checkbox"/> Buttermilk Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
BREAD	SWEETS	
<input type="checkbox"/> Banana Strawberry ( <i>mini-loaf</i> ) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2	<input type="checkbox"/> Caramel Layer Cake ( <i>yellow cake + caramel buttercream + caramel drizzle</i> ) - \$6	

**This is the last delivery for 2024.  
 First delivery in the new year will be Tuesday, January 7, 2025.**