



Website: convenientfeast.com
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Fresh ingredients = Delicious Meals

Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal (protein + 2 sides) @ \$13
 - 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, 10/21/25

PLEASE ORDER BY MIDNIGHT, Saturday 10/18/25

PROTEIN	VEGETABLE SIDES	STARCH SIDES
☐ Baked Chicken (DARK) ☐ Beef Stroganoff ☐ Pork Tenderloin in Gravy ☐ Salmon Cakes (2)	☐ Black Eye Peas ☐ Kale ☐ Mix Veggies ☐ Roasted Brussel Sprouts ☐ Side Salad	☐ Brown Rice ☐ Herb Noodles ☐ Scalloped Potatoes ☐ Wild Rice
SPECIAL - \$18	SOUP	
☐ Jumbo Crabcake + Two Sides	☐ Turkey Sausage Kale Soup	
SANDWICH / WRAP	SALAD	
☐ Ham Wrap (deli ham + lettuce + cheese + tomato) - \$10 ☐ Veggie Wrap (vegetarian) - \$8	☐ Chicken Garden Salad (meal) - \$13 ☐ Garden Salad (small) - \$3	
BREAKFAST	Salad Dressing	
☐ Strawberry Coconut Overnight Oats - \$3 ☐ Turkey Sausage + Mushrooms + Cheese Frittata - \$4 ☐ Buttermilk Waffle + Turkey Sausage Links (3) - \$7	☐ Blue Cheese Dressing ☐ Lemon Balsamic Vinaigrette	
BREAD	SWEETS	
☐ Strawberry Coconut (mini-loaf) - \$3 ☐ Corn Muffins (2) - \$2	☐ Chocolate Chip Bread Pudding w/Chocolate Sauce - \$7	