



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, 7/15/25

PLEASE ORDER BY MIDNIGHT, Saturday 7/12/25

PROTEIN	VEGETABLE SIDES	STARCH SIDES
☐ Baked Trout Filet (2) ☐ Beef Spaghetti ☐ Deep Fried Chicken Tenders (3) ☐ Pork Tenderloin in Gravy	☐ Butter Beans ☐ Cabbage ☐ Glazed Carrots ☐ Side Salad ☐ String Beans	☐ Brown Rice ☐ Herbed Penne Pasta ☐ Mash Potatoes ☐ Peas & Rice
SPECIAL - \$18		SOUP
☐ Pan Seared Salmon + Two Sides		☐ Turkey Sausage Cabbage Soup
SANDWICH / WRAP		SALAD
☐ Chicken Wrap (grilled chicken + lettuce + cheese + tomato) - \$10 ☐ Veggie Wrap (vegetarian) - \$7		☐ Salmon Garden Salad (meal) - \$13 ☐ Garden Salad (small) - \$3
BREAKFAST		Salad Dressing
☐ Peach Overnight Oats - \$3 ☐ Turkey Sausage + Cheese Frittata - \$4 ☐ French Toast + Turkey Bacon (2) - \$7		☐ Buttermilk Dressing ☐ Lemon Balsamic Vinaigrette
BREAD	SWEETS	
☐ Peach (mini-loaf) - \$3 ☐ Corn Muffins (2) - \$2	☐ Peach Cobbler Cheesecake - \$7	