



Website: convenientfeast.com
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Fresh ingredients = Delicious Meals

Senior Price List:

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

Menu options change each week!

Senior Meal Plan Menu

Delivery on Tuesday, 11/4/25

PLEASE ORDER BY MIDNIGHT, Saturday 11/1/25

PROTEIN	VEGETABLE SIDES	STARCH SIDES
☐ Baked Ham	☐ Cabbage	☐ Brown Rice
☐ Deep Fried Whiting	☐ Mix Beans	☐ Mac & 5 Cheeses
☐ Parmesan Crusted Chicken Breast	☐ Roasted Beets	☐ Roasted Sweet Potatoes
☐ Turkey Spaghetti	☐ Side Salad	☐ Yellow Rice
	☐ String Beans	
SPECIAL - \$18	SOUP	
☐ Crabmeat Stuffed Salmon + Two Sides	☐ Salmon Mix Bean Soup	
SANDWICH / WRAP	SALAD	
☐ Turkey Wrap (deli turkey + lettuce + cheese + tomato) - \$10	☐ Salmon Caesar Salad (meal) - \$13	
☐ Veggie Wrap (vegetarian) - \$8	☐ Garden Salad (small) - \$3	
BREAKFAST	Salad Dressing	
☐ Apple Cinnamon Overnight Oats - \$3	☐ Caesar Dressing	
☐ Pork Sausage + Cheese Frittata - \$4	☐ Lemon Balsamic Vinaigrette	
☐ French Toast + Pork Sausage Links (3) - \$7		
BREAD	SWEETS	
☐ Apple Cinnamon (mini-loaf) - \$3	☐ Lemon Pound Cake - \$6	
☐ Corn Muffins (2) - \$2		