



Website: convenientfeast.com
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**Good food delivered.
 Fresh ingredients. Delicious meals.**

Price List:

- 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, 3/24/26

Order by Saturday, 3/21/26

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Deep Fried Chicken Tenders (3) <input type="checkbox"/> Salmon Cakes (2) <input type="checkbox"/> Smothered Pork Chops <input type="checkbox"/> Turkey Spaghetti	<input type="checkbox"/> Cabbage <input type="checkbox"/> Glazed Carrots <input type="checkbox"/> Mix Veggies <input type="checkbox"/> Okra & Tomatoes <input type="checkbox"/> Side Salad	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Cheesy Pasta <input type="checkbox"/> Mash Potatoes <input type="checkbox"/> Pineapple Rice
SPECIAL	SOUP	
<input type="checkbox"/> Seafood Spaghetti (crab + salmon) with Side Salad - \$21	<input type="checkbox"/> Turkey Chili (not spicy)	
SANDWICH / WRAP	SALAD	
<input type="checkbox"/> Turkey Wrap (deli turkey + lettuce + cheese + tomatoes) - \$13 <input type="checkbox"/> Veggie Wrap (vegetarian) - \$8	<input type="checkbox"/> Chef Garden Salad - \$13 (meal) <input type="checkbox"/> Garden Salad - \$3 (small)	
BREAKFAST	Salad Dressing <input type="checkbox"/> Buttermilk Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
<input type="checkbox"/> Banana Overnight Oats - \$4 <input type="checkbox"/> Ham + Cheese Frittata - \$4 <input type="checkbox"/> French Toast + Turkey Bacon (3) - \$7	BREAD	SWEETS
<input type="checkbox"/> Banana Chocolate Chip (mini-loaf) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2	<input type="checkbox"/> Oatmeal Chocolate Chip Cookies (3) - \$3	