

Call: 301.787.9693

Email: customer.service@convenientfeast.com

Fresh ingredients = Delicious Meals



Price List:

- Protein, Vegetables, Grains/Starches – price based on sizes selected
- Vegetarian - \$9
- Soup (12-oz) - \$5
- Salad - \$2
- Breads (2 pieces) - \$1
- Cookies (2/pack) - \$1
- Cupcake - \$2
- Cake / Pie - \$3

Meal Plan MENU – delivery on Monday, 8/7/17

Protein		Vegetable		Grain/Starch	
<input type="checkbox"/> Jerk Chicken (legs and thighs)	<input type="checkbox"/> Shrimp Fried Rice	<input type="checkbox"/> Grilled Steak Kabobs	<input type="checkbox"/> Fried Whiting	<input type="checkbox"/> Greens	<input type="checkbox"/> Cabbage
<input type="checkbox"/> Shrimp Fried Rice	<input type="checkbox"/> Grilled Steak Kabobs	<input type="checkbox"/> Fried Whiting	<input type="checkbox"/> Roasted Chickpea Gyros	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Black Beans
<input type="checkbox"/> Fried Whiting	<input type="checkbox"/> Roasted Chickpea Gyros	<input type="checkbox"/> Brown Rice	<input type="checkbox"/> Mac n 5 Cheeses	<input type="checkbox"/> Wild Rice	<input type="checkbox"/> Scalloped Potatoes
Vegetarian			Special - \$8		
<input type="checkbox"/> Roasted Chickpea Gyros			<input type="checkbox"/> Grill Steak Artisan Salad (meal size) – (Lettuce mix, steak, carrots, tomato, cucumber, cheese)		
Salad		Sweets			
<input type="checkbox"/> Garden	<input type="checkbox"/> Salad Dressing	<input type="checkbox"/> Chocolate X3 Cake - \$3	<input type="checkbox"/> Oatmeal Raisin Cookies (2/pack) - \$1		
<input type="checkbox"/> Lemon Vinaigrette	<input type="checkbox"/> Green Goddess	Bread			
		<input type="checkbox"/> Everything Yeast Roll	<input type="checkbox"/> Blueberry Corn Muffin		