



Good food delivered!

Follow us on:



@convenientfeast

Website:

www.convenientfeast.com

Call: 301.787.9693

Email: customer.service@convenientfeast.com

Fresh ingredients = Delicious Meals



Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal @ \$9 or
 - bulk containers @ price based on sizes selected
- Vegetarian meal – starting @ \$8
- Soup (12-oz @ \$5 or 16-oz @ \$7)
- Salad – starting @ \$2
- Breads – starting @ \$1

Meal Plan MENU – Delivery on Tuesday, 3/26/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 3/24/19

Protein	Vegetable	Grain/Starch
<input type="checkbox"/> Baked Ham <input type="checkbox"/> Pan-seared Tilapia <input type="checkbox"/> Roasted Chicken (white or dark) <input type="checkbox"/> Salisbury Steak (beef or turkey)	<input type="checkbox"/> Broccoli <input type="checkbox"/> Okra & Tomatoes <input type="checkbox"/> Roasted Corn <input type="checkbox"/> Spinach	<input type="checkbox"/> Baked Potato <input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Buttered Egg Noodles <input type="checkbox"/> Dirty Rice
Special - \$11		Soup
<input type="checkbox"/> Shrimp Crunch Wrap with one side		<input type="checkbox"/> Ham and Bean Soup
Vegetarian		Salad
<input type="checkbox"/> Avocado Basil Veggie Pasta (vegan friendly) <input type="checkbox"/> Black Eyed Pea and Collard Green Chili over Brown Rice (vegan-friendly)		<input type="checkbox"/> Cilantro Lime Steak Salad (meal size) - \$8 <input type="checkbox"/> Garden Salad (small) - \$2
Bread		Salad Dressing
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Orange Marmalade (mini loaf) - \$1.50		<input type="checkbox"/> Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette
		Sweets
		<input type="checkbox"/> Oatmeal Pecan Cookies - \$1 <input type="checkbox"/> Vanilla Cupcake w/ Chocolate Buttercream - \$2