



Follow us on:  @convenientfeast

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Fresh ingredients = Delicious Meals

Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal (*protein + 2 sides*) @ \$12 or 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 4/23/24

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Saturday 4/20/24

PROTEIN	VEGETABLE SIDES	STARCH SIDES
☐ Baked Ham	☐ Black Eye Peas	☐ Brown Rice
☐ Parmesan Crusted Flounder	☐ Corn	☐ Cheesy Pasta
☐ Salisbury Steak (<i>BEEF</i>)	☐ Okra & Tomatoes	☐ Mash Potatoes
☐ Teriyaki Chicken Breast	☐ String Beans	☐ Wild Rice
SPECIAL - \$18	SOUP	
☐ Shrimp Scampi over Fettucine w/Garlic Herb Biscuit	☐ Chicken Wild Rice Soup	
SANDWICH / WRAP	SALAD	
☐ Turkey Wrap (<i>deli turkey, cheese, tomato, lettuce</i>) - \$8	☐ Classic Cobb Salad (<i>meal</i>) (<i>chicken, bacon, boil egg, tomato</i>) - \$12	
☐ Veggie Wrap (<i>vegetarian</i>) - \$7	☐ Garden Salad (<i>small</i>) - \$3	
BREAKFAST	Salad Dressing	
☐ Mix Berry Overnight Oats - \$3	☐ Ranch Dressing	
☐ Bacon + Mushroom + Cheese Frittata - \$3	☐ Lemon Vinaigrette	
☐ French Toast + Pork Bacon (3) - \$6	SWEETS	
BREAD	☐ Carrot Layer Cake - \$6	
☐ Mix Berry (<i>mini-loaf</i>) - \$3		
☐ Corn Muffins (2) - \$2		