



Website: convenientfeast.com
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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, 12/10/24

PLEASE ORDER BY MIDNIGHT, Saturday 12/7/24

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Baked Ham <input type="checkbox"/> Deep Fried Chicken Tenders (3) <input type="checkbox"/> Salisbury Steak (BEEF) <input type="checkbox"/> Teriyaki Tilapia	<input type="checkbox"/> Black Eye Peas <input type="checkbox"/> Glazed Carrots <input type="checkbox"/> Mix Greens <input type="checkbox"/> Side Salad <input type="checkbox"/> String Beans	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Garlic Mash Potatoes <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Yellow Rice
SPECIAL - \$18		SOUP
<input type="checkbox"/> Beef Short Ribs + Two Sides		<input type="checkbox"/> Ham + Mix Beans Soup
SANDWICH / WRAP		SALAD
<input type="checkbox"/> Turkey Wrap (deli turkey + lettuce + cheese + tomato) - \$9 <input type="checkbox"/> Veggie Wrap (vegetarian) - \$7		<input type="checkbox"/> Chicken Garden Salad (meal) - \$13 <input type="checkbox"/> Garden Salad (small) - \$3
BREAKFAST		Salad Dressing
<input type="checkbox"/> Banana Strawberry Overnight Oats - \$3 <input type="checkbox"/> Ham + Mushrooms + Cheese Frittata - \$3 <input type="checkbox"/> French Toast + Pork Bacon (3) - \$6		<input type="checkbox"/> Buttermilk Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette
BREAD		SWEETS
<input type="checkbox"/> Banana Strawberry (mini-loaf) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2		<input type="checkbox"/> Caramel Layer Cake (yellow cake + caramel buttercream + caramel drizzle) - \$6

This is the last delivery for 2024.
First delivery in the new year will be Tuesday, January 7, 2025.