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@convenientfeast

Website: convenientfeast.com

Email: customer.service@convenientfeast.com

Call: 301.980.7991



Fresh ingredients = Delicious Meals

Senior Price List:

- **Complete meal - \$8 per meal**
(protein, vegetable, grain/starch)
- Vegetarian meal – \$8
- Soup (12-oz @ \$4 or 16-oz @ \$6)
- Salad – starting @ \$2
- Bread – starting @ \$1

Menu options change each week!

Senior Meal Plan MENU

Delivery on Tuesday, 11/12/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 11/10/19

PROTEIN	VEGETABLE	GRAIN/STARCH
☐ BBQ Ribs ☐ Grilled Chicken Breast Kabobs ☐ Salisbury Steak w/Gravy (BEEF) ☐ Sweet & Sour Shrimp	☐ Cabbage ☐ Navy Beans ☐ Roasted Corn ☐ String Beans	☐ Baked Potato ☐ Brown or White Rice ☐ Mac n 5 Cheeses ☐ Quinoa
SPECIAL - \$11	SOUP	
☐ Salmon Burger w/one Side	☐ Potato Kale Turkey Sausage Soup	
VEGETARIAN - \$9	SALAD	
☐ Sweet & Sour Chickpeas over Jasmine Rice (vegan-friendly)	☐ Garden Salad (small) - \$2 ☐ Grilled Salmon Garden Salad (meal size) - \$8 Salad Dressing ☐ Ranch Dressing ☐ Lemon Vinaigrette	
BREAD	SWEETS	
☐ Corn Muffin ☐ Poppyseed Lemon Mini Loaf - \$1.50	☐ Caramel Layer Cake - \$4	