



Good food delivered!

Follow us on:



@convenientfeast

Website: convenientfeast.com

Email: customer.service@convenientfeast.com

Call: 301.980.7991



Fresh ingredients = Delicious Meals

Price List:

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

Menu options change each week!

Meal Plan MENU

Delivery on Tuesday, 10/15/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 10/13/19

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Fried Whiting <input type="checkbox"/> Salisbury Steak (beef) <input type="checkbox"/> Smothered Pork Chop <input type="checkbox"/> Turkey Wings	<input type="checkbox"/> Broccoli <input type="checkbox"/> Corn <input type="checkbox"/> Mixed Greens <input type="checkbox"/> Red Beans	<input type="checkbox"/> Baked Potato <input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Herb Orzo <input type="checkbox"/> Mac n 5 Cheeses
SPECIAL - \$11	SOUP	
<input type="checkbox"/> Jumbo Shrimp Alfredo Linguine w/Garlic Bread	<input type="checkbox"/> Ha m and Corn Chowder	
VEGETARIAN - \$9	SALAD	
<input type="checkbox"/> Chickpea Tuna Sandwich w/One Side (vegan-friendly)	<input type="checkbox"/> Garden Salad (small) - \$2 <input type="checkbox"/> Shrimp Nicoise Salad (meal size) - \$9 (boiled potatoes, string beans, boiled egg, lettuce mix) <div style="background-color: #e0e0e0; text-align: center; padding: 2px;">Salad Dressing</div> <input type="checkbox"/> Sunshine Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Pecan Bran (mini loaf) - \$1.50	<input type="checkbox"/> Bread Pudding with Brandy Sauce - \$3.50 <input type="checkbox"/> Snickerdoodle Cookies - \$1	