

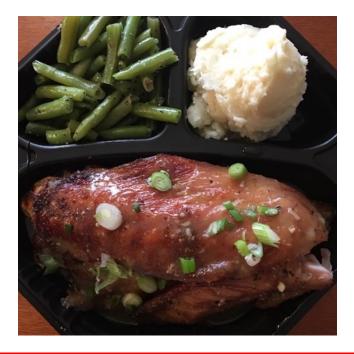
Good food delivered!



Website: convenientfeast.com

Email: customer.service@convenientfeast.com

Call: 301.980.7991



Fresh ingredients = Delicious Meals

Price List:

- Protein, Vegetables, Grains/Starches
 - o 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

TELASE TEACE TOOK ORDER BY MIDNIGHT, SOLIDAY 10, 13, 17							
	PROTEIN		VEGETABLE		G	rain/starch	
	Fried Whiting		Broccoli		Ва	ked Potato	
	Salisbury Steak (beef)		Corn		Brc	own or White Rice	
	Smothered Pork Chop		Mixed Greens		Не	rb Orzo	
	Turkey Wings		Red Beans		Mc	ac n 5 Cheeses	
	SPECIAL - \$11		SOUP				
	Jumbo Shrimp Alfredo Linguine w/Garlic Bread		☐ Ha m and Corn Chowder				
	VEGETARIAN - \$9		SALAD				
	Chickpea Tuna Sandwich w/One Side (vegan-		🛘 Garden Salad (small) - 🕄	Garden Salad (small) - \$2			
	friendly)		Shrimp Nicoise Salad (meal size) - \$9				
			(boiled potatoes, string beans, boiled egg, lettuce mix)				
			Salad Dressing				
			Sunshine Ranch Dressin	g		Lemon Vinaigrette	
	BREAD SWEETS						
	Corn Muffin		Bread Pudding with Brandy Sauce - \$3.50				
	Pecan Bran (mini loaf) - \$1.50	[Snickerdoodle Cookies	Snickerdoodle Cookies - \$1			