



Good food delivered!

Follow us on:

 @convenientfeast
 Website:
 www.convenientfeast.com

Call: 301.787.9693

Email: customer.service@convenientfeast.com

Fresh ingredients = Delicious Meals



Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal @ \$9 or
 - bulk containers @ price based on sizes selected
- Vegetarian meal – starting @ \$8
- Soup (12-oz @ \$5 or 16-oz @ \$7)
- Salad – starting @ \$2
- Breads – starting @ \$1

Meal Plan MENU – Delivery on Tuesday, 9/17/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 9/15/19

| Protein | Vegetable | Grain/Starch |
|---|--|---|
| <input type="checkbox"/> Apple Spice Pork Loin Cutlets <input type="checkbox"/> Fried Whiting <input type="checkbox"/> Slow Cooker Sesame Beef <input type="checkbox"/> Turkey Meatloaf with Gravy | <input type="checkbox"/> Greens <input type="checkbox"/> Peas & Carrots <input type="checkbox"/> String Beans <input type="checkbox"/> White Beans | <input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Mash Potatoes <input type="checkbox"/> Quinoa |
| Special - \$11 | Soup | |
| <input type="checkbox"/> Shrimp Boil (jumbo shrimp, turkey sausage, potatoes, veggies) | <input type="checkbox"/> Zuppa Toscana Soup (potatoes, white beans, kale, turkey sausage) | |
| Vegetarian | Salad | |
| <input type="checkbox"/> White Bean, Kale, Veggie Quinoa Bowl | <input type="checkbox"/> Garden Salad (small) - \$2 <input type="checkbox"/> Salmon Nicoise Salad (salmon, string beans, potatoes, boiled eggs, black olives) (meal size) - \$8 | |
| Salad Dressing | | |
| <input type="checkbox"/> Sunshine Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette | | |
| Bread | Sweets | |
| <input type="checkbox"/> Corn Muffin <input type="checkbox"/> Orange Cranberry (mini loaf) - \$1.50 | <input type="checkbox"/> Lemon Pound Cake - \$3 <input type="checkbox"/> Snickerdoodle Cookies - \$1 | |