



Website: convenientfeast.com
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Good food delivered.
Fresh ingredients. Delicious meals.

Senior Price List:

- Complete meal (*protein + 2 sides*) @ \$12
- Bulk containers @ price based on sizes
- Soup (12-oz @ \$6 or 16-oz @ \$8)
- Special – market price

Menu options change each week!

Senior Meal Plan Menu

Delivery on Tuesday, 2/10/26

Order by Saturday, 2/7/26

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> BBQ Ribs (<i>pork</i>) <input type="checkbox"/> Honey Mustard Glazed Chicken Breast <input type="checkbox"/> Mini Shepherd's Pie (2) <input type="checkbox"/> Parmesan Crusted Flounder	<input type="checkbox"/> Corn on Cob <input type="checkbox"/> Roasted Cauliflower <input type="checkbox"/> Side Salad <input type="checkbox"/> Spinach <input type="checkbox"/> String Beans	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Mac & 5 Cheeses <input type="checkbox"/> Pineapple Rice <input type="checkbox"/> Roasted Potatoes
SPECIAL	SOUP	
<input type="checkbox"/> Shrimp Scampi w/Cheesy Biscuit - \$21	<input type="checkbox"/> Lemon Chicken Orzo Soup	
SANDWICH / WRAP	SALAD	
<input type="checkbox"/> Ham Wrap (<i>deli ham + lettuce + cheese + tomatoes</i>) - \$13 <input type="checkbox"/> Veggie Wrap (<i>vegetarian</i>) - \$8	<input type="checkbox"/> Chicken Garden Salad - \$13 (<i>meal</i>) <input type="checkbox"/> Garden Salad - \$3 (<i>small</i>)	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Peach Cobbler Overnight Oats - \$4 <input type="checkbox"/> Pork Bacon + Tomato + Cheese Frittata - \$4 <input type="checkbox"/> French Toast + Pork Bacon (3) - \$7	<input type="checkbox"/> Buttermilk Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	
BREAD	SWEETS	
<input type="checkbox"/> Peach Crumb (<i>mini-loaf</i>) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2	<input type="checkbox"/> Peach Cobbler Cheesecake - \$7	