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@convenientfeast

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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, 12/3/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 12/1/19

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> Crockpot Chicken Breast in Gravy <input type="checkbox"/> Pan Seared Tilapia w/Lemon Sauce <input type="checkbox"/> Smothered Pork Chops <input type="checkbox"/> Spaghetti Meat Sauce (Beef)	<input type="checkbox"/> Black Beans <input type="checkbox"/> Roasted Zucchini & Yellow Squash <input type="checkbox"/> Spinach <input type="checkbox"/> String Beans	<input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Couscous <input type="checkbox"/> Mash Potatoes <input type="checkbox"/> Spaghetti in Tomato Sauce
SPECIAL - \$11	SOUP	
<input type="checkbox"/> Grilled Jumbo Shrimp w/one Side	<input type="checkbox"/> Chicken Noodle Soup	
VEGETARIAN - \$9	SALAD	
<input type="checkbox"/> Okra Corn and Tomato Curry over Brown or White Rice (vegan-friendly)	<input type="checkbox"/> Garden Salad (small) - \$2 <input type="checkbox"/> Grilled Shrimp Garden Salad (meal size) - \$9	
BREAD	Salad Dressing	
	<input type="checkbox"/> Ranch Dressing	<input type="checkbox"/> Lemon Vinaigrette
SWEETS		
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Pumpkin Raisin Mini Loaf - \$1.50	<input type="checkbox"/> Carrot Layer Cake - \$4	