



Website: convenientfeast.com
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Fresh ingredients = Delicious Meals

Senior Price List:

- Complete meal (protein + 2 sides) @ \$12
- Soup (12-oz @ \$6 or 16-oz @ \$8)
- Special – market price

Menu options change each week!

Senior Meal Plan Menu

Delivery on Tuesday, 9/23/25

PLEASE ORDER BY MIDNIGHT, Saturday 9/20/25

PROTEIN	VEGETABLE SIDES	STARCH SIDES
☐ Chicken Parmesan ☐ Pork Tenderloin in Gravy ☐ Salmon Cakes ☐ Turkey Meatballs in Sweet & Sour Sauce	☐ Corn on Cob ☐ Roasted Beets ☐ Side Salad ☐ Spinach ☐ White Beans	☐ Brown Rice ☐ Mac n 5 Cheeses ☐ Roasted Potatoes ☐ Yellow Rice
SPECIAL - \$18	SOUP	
☐ Roast Beef w/Gravy + 2 sides	☐ Shrimp White Bean Soup	
SANDWICH / WRAP	SALAD	
☐ Turkey Wrap (deli turkey + lettuce + cheese + tomato) - \$10 ☐ Veggie Wrap (vegetarian) - \$8	☐ Shrimp Garden Salad (meal) - \$13 ☐ Garden Salad (small) - \$3	
BREAKFAST	Salad Dressing	
☐ Banana Coconut Overnight Oats - \$3 ☐ Ham + Tomato + Cheese Frittata - \$4 ☐ French Toast + Pork Bacon (3) - \$7	☐ Buttermilk Dressing ☐ Lemon Balsamic Vinaigrette	
BREAD	SWEETS	
☐ Banana Coconut (mini-loaf) - \$3 ☐ Corn Muffins (2) - \$2	☐ Banana Coconut Cheesecake - \$7	