



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

Price List:

- Complete meal (protein + 2 sides) @ \$13
- Bulk containers @ price based on sizes
- Soup (12-oz @ \$7 or 16-oz @ \$9)
- Special – market price

Menu options change each week!

Meal Plan Menu

Delivery on Tuesday, 1/20/26

Order by Saturday, 1/17/26

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Baked Ham <input type="checkbox"/> Blackened Tilapia <input type="checkbox"/> Chicken Parmesan <input type="checkbox"/> Salisbury Steak (Beef)	<input type="checkbox"/> Corn <input type="checkbox"/> Kale <input type="checkbox"/> Side Salad <input type="checkbox"/> String Beans <input type="checkbox"/> White Beans	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Spaghetti in Tomato Sauce <input type="checkbox"/> Scalloped Potatoes <input type="checkbox"/> Roasted Garlic Rice
SPECIAL		
<input type="checkbox"/> Seafood Stuffed Baked Potato (shrimp + crabmeat sauce) + Two sides - \$21	<input type="checkbox"/> Shrimp White Bean Soup	
SANDWICH / WRAP	Soup	SALAD
<input type="checkbox"/> Shrimp Wrap (shrimp + lettuce + cheese + tomatoes) - \$13 <input type="checkbox"/> Veggie Wrap (vegetarian) - \$8		<input type="checkbox"/> Cobb Salad (chicken, bacon, egg, tomatoes) - \$13 meal <input type="checkbox"/> Garden Salad (small) - \$3
BREAKFAST	SALAD Dressing	SWEETS
<input type="checkbox"/> Banana Blueberry Overnight Oats - \$4 <input type="checkbox"/> Pork Bacon + Cheese Frittata - \$4 <input type="checkbox"/> Buttermilk Waffle + Pork Bacon (3) - \$7	<input type="checkbox"/> Buttermilk Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette	<input type="checkbox"/> Bread Pudding w/Brandy Caramel Sauce - \$7
BREAD		
<input type="checkbox"/> Banana Blueberry (mini-loaf) - \$3 <input type="checkbox"/> Corn Muffins (2) - \$2		