



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, 6/18/19

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 6/16/19

Protein	Vegetable	Grain/Starch
<input type="checkbox"/> BBQ Chicken (Dark or White) <input type="checkbox"/> Beef Meatball in Tomato Sauce <input type="checkbox"/> Fried Pork Chop <input type="checkbox"/> Grilled Jumbo Shrimp	<input type="checkbox"/> Baked Beans <input type="checkbox"/> Corn Medley <input type="checkbox"/> Roasted Brussels Sprouts <input type="checkbox"/> Spinach	<input type="checkbox"/> Brown or White Rice <input type="checkbox"/> Lemon Couscous w/tomatoes & scallions <input type="checkbox"/> Scalloped Potatoes <input type="checkbox"/> Spaghetti in Tomato Sauce
Special - \$11		Soup
<input type="checkbox"/> Shrimp Cakes w/one Side		<input type="checkbox"/> Zucchini Coconut Milk Soup
Vegetarian		Salad
<input type="checkbox"/> Kung Pao Veggies over Brown Rice Veggie (vegan friendly) <input type="checkbox"/> Spaghetti with Meatless Meat Sauce (vegan-friendly)		<input type="checkbox"/> Garden Salad (small) - \$2 <input type="checkbox"/> Shrimp Garden Salad (meal size) - \$8
		Salad Dressing
		<input type="checkbox"/> Ranch Dressing <input type="checkbox"/> Lemon Vinaigrette
Bread		Sweets
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Lemon Coconut (mini loaf) - \$1.50		<input type="checkbox"/> Citrus Cheesecake - \$3 <input type="checkbox"/> Oatmeal Raisin Cookies - \$1