



PREPPED KITCHEN

MENU

June 10, 2020



707.580.9678

c o m m i s s a r y :
301 c. Main St.
Suisun City, CA 94585
o f f i c e :
417 Mace Blvd. ste. J 210
Davis, CA 95618

Instructions: To heat items meant to be served hot, open lid and lay it loosely on top of container. Microwave one dish at a time for 2-4 minutes to an internal temp of 165 degrees, or until hot and steaming in the center. To heat in oven (350 degrees), transfer food to an oven safe dish, cover with foil and heat for 20-35 minutes or until hot and steamy in the center. All containers are color coordinated to the menu item below. Keep all food, except dry goods, refrigerated until ready to heat & serve. DO NOT heat white condiment cups.

1. STEAK FAJITAS

grilled tri tip sliced thin w/ peppers & onions, w/ flour tortillas, avocado crema, & fire roasted tomato salsa. Served w/ PK paprika rice: spiced jasmine rice w/ mushroom, bell pepper, onion, kale, tomato, garlic, herbs, & spices; //veg op: grilled tof

(beef tri tip dry rubbed w/ spices, salt, & avocado oil, peppers, onion; flour tortillas, avocado, sour cream, lime, garlic, cumin, dijon, salt, cilantro, scallion, pepper; tomato, pepper, onion, garlic, cilantro, salt, lime; rice, paprika, onion, garlic, tomato, avocado oil, veg stock, kale, mushroom, tomato, onion, pepper, hers, apple cider vinegar, salt, pepper; tofu)

*Heat tortillas wrapped in a damp towel for 45-60 seconds or until soft and steamy. Serve rice w/ fajitas, salsa, & crema

2. BBQ CHICKEN

brined & spice rubbed chicken quarters, grilled and glazed w/ housemade bbq sauce; served w/ country potato salad, corn-tomato-arugula salad & biscuits //Veg Op: Grilled Eggplant

(chicken quarters, bbq sauce, brown sugar, tomato, onion, garlic, apple cider vinegar, spices; tri colored potato, mayo, celery, onion, herbs, peppers, spices; arugula, corn, tomato, mayo, red wine vinegar, dijon, cane sugar, herbs de provance, salt pepper; flour, butter, buttermilk, baking soda, cream of tarter, salt; eggplant)

*Toast Biscuits in a preheated 350 degree oven for 10 minutes OR heat wrapped in a damp towel in the microwave for 10-20 seconds. Chicken may need to be heated additional minutes to reach proper internal temperature as stated above.

3. BROWNED BUTTER SHRIMP SCAMPI

prawns sauteed in butter, white wine, garlic, lemon, & herbs; served w/ pasta tossed w/ seasonal vegetables, butter, garlic, white wine, lemon, & vegetable stock; spinach salad w/ pepper, carrot, squash, & balsamic dressing; herb dinner rolls

(prawns, garlic, butter, white wine, herbs, spices; wheat pasta, assorted vegetables, garlic, white wine, vegetable stock, butter, herbs, spices; spinach, pepper, carrot, squash, balsamic vinegar, avocado oil, dijon, garlic, organic sugar, herbs, salt; flour, oil, yeast, salt, herbs)

*Add 2 table spoons of water to the pasta container before heating. To heat rolls, wrap in a damp cloth and microwave for 20-30 seconds. .

4. THAI BASIL CHICKEN

ground chicken tossed w/ carrot, ginger, scallion, garlic, thai basil, cilantro, parsley; served w/ rice noodles stir fried w/ bok choy, carrot, celery, onion, ginger, garlic, tamari, & sesame

(chicken, carrot, ginger, garlic, scallion, pepper, tamari, sesame oil, rice vinegar, sweet chili sauce, herbs, spices; rice noodles, bok choy, carrot, celery onion, scallion, herbs, sesame oil, tamari, black sesame seeds; mushroom)

*Add 2 tablespoons of water to the noodles before heating. Top noodles with heated Chicken.