



PREPPE KITCHEN

Corporate & Private Catering

Private Chef Services

Meal-Prep Subscriptions

Nutritional Therapy Consultations



707.580.9678



This week's menu: **Family Style** serves **4-6 people**

ITEM #	ENTREE	QNTY	PRICE	TOTAL
1	STUFFED SUMMER PEPPERS whole bell peppers stuffed w/ seasoned beef, rice, minced veggies & spices; served w/ a farmer's market salad & PK topped focaccia // Veg Op: Creamy Orzo Stuffed Peppers		\$39.95/ 4-6 servings	
2	WOK FRIED CHICKEN & BROCCOLI tender peices of chicken stir fried w/ broccoli, carrot, onion, & celery in a classic chinese tamari-ginger sauce; served w/ steamed rice & a spicy cucumber salad //Veg Op: Tofu & Broccoli		\$39.95/ 4-6 servings	
3	ACHIOTE-CITRUS GRILLED PRAWNS large butterflied prawns marinated in achiote, chipotle, garlic, & citrus juices grilled & served w/ black bean & summer corn salad, & mashed sweet potatoes // Veg Op: Achiote-Citrus Cauliflower		\$39.95/ 4-6 servings	
4	PERSIAN STYLE CHICKEN KABOBS herb & spice marinated chicken served w/ flat bread, cucumber-tomato salsa, mint & garlic yogurt sauce; assorted grilled veggies & turmeric potatoes // Veg Op: Mushroom Kabobs		\$39.95/ 4-6 servings	
MP	please fill out the order form below for meal prep counts and add the total number of units here:		\$13.95/ each	
TOTAL	add \$8 delivery fee to total	1	+\$8.00	

Place Order by: 07/12/20
by 9 pm
Delivery Date: 07/15/20
Delivery Window: 2-4 p
// Indicate in "Notes" how many vegetarian options are needed (ex: 2 veg each or all veg)

PREPPE Kitchen
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
preppedkitchen.com
preppedkitchen@gmail.com
ig: @preppedkitchen
fb: /preppedkitchen

Delivery Location: _____

Contact Info: _____

Notes: _____

****Please have all orders adhere to a \$120.00/minimum**



PREPPED KITCHEN

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NEW!!

Now offering our individual meal prep
 for lunches & dinners!

Individually packaged servings for one.

Available in Vegetarian or Traditional options.

Perfect for taking to work, & convenient for a quick lunch or dinner at home.

All meals are fully prepared and delivered chilled w/ heating instructions and ingredient lists.

If ordering **ONLY** Meal Prep please meet a 10 meal minimum. If ordering in addition to our Family Style Dinner Delivery no minimum required.

This week's menu: **Meal Prep**

ITEM #	ENTREE	QUANTITY	PRICE	TOTAL
1	STUFFED SUMMER PEPPERS <i>whole bell peppers stuffed w/ seasoned beef, rice, minced veggies & spices; served w/ a farmer's market salad & PK topped focaccia</i> <i>// Veg Op: Creamy Orzo Stuffed Peppers</i>		\$13.95/ each	
2	WOK FRIED CHICKEN & BROCCOLI <i>tender peices of chicken stir fried w/ broccoli, carrot, onion, & celery in a classic chinese tamari-ginger sauce; served w/ steamed rice & a spicy cucumber salad</i> <i>//Veg Op: Tofu & Broccoli</i>		\$13.95/ each	
3	ACHIOTE-CITRUS GRILLED PRAWNS <i>large butterflied prawns marinated in achiote, chipotle, garlic, & citrus juices grilled & served w/ black bean & summer corn salad, & mashed sweet potatoes</i> <i>// Veg Op: Achiote-Citrus Cauliflower</i>		\$13.95/ each	
4	PERSIAN STYLE CHICKEN KABOBS <i>herb & spice marinated chicken served w/ flat bread, cucumber-to-mato salsa, mint & garlic yogurt sauce; assorted grilled veggies & turmeric potatoes</i> <i>// Veg Op: Mushroom Kabobs</i>		\$13.95/ each	
TOTAL	add this total in the MP line above			

****If ordering ONLY Meal Prep please meet a 10 meal minimum. If ordering in addition to our Family Style Dinner Delivery no minimum required.**