



# 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	<b>BBQ PORK SLIDERS</b> <i>slow roasted pulled pork served w/ PK bbq sauce, cabbage slaw w/ creamy red wine vinegar dressing, slider buns, &amp; PK sweet potato salad</i> // Veg Op: BBQ Portobello		\$39.95/ 4-6 servings	
2	<b>BASIL PESTO GRILLED CHICKEN</b> <i>chicken breast marinated in basil pesto &amp; balsamic vinegar, grilled &amp; sliced w/ garlic roasted tomatoes; served w/ roasted young potatoes &amp; tarragon dressing, &amp; corn-green bean-pepper sautee</i> //Veg Op: Basil Pesto Baked Cauliflower		\$39.95/ 4-6 servings	
3	<b>GINGER-GARLIC PORK STIR FRY</b> <i>boneless pork loin sliced &amp; stir fried w/ green bean, bell peppers, carrot, onion &amp; PK spicy ginger-garlic sauce; served w/ seasoned noodles &amp; green salad w/ creamy 5-spice dressing</i> // Veg Op: Garlic-Ginger Tofu Stir Fry		\$39.95/ 4-6 servings	
4	<b>CLASSIC BEEF BOLOGNESE &amp; PENNE</b> <i>slow simmered bolognese w/ beef, tomato, carrot, mushroom, onion, &amp; herbs; served w/ penne pasta, parmesan roasted broccoli, &amp; rosemary focaccia</i> // Veg Op: Cannellini Beans in Marinara		\$39.95/ 4-6 servings	
MP	<i>please fill out the order form below for meal prep counts and add the total number of units here:</i>		\$13.95/ each	
<b>TOTAL</b>	add \$8 delivery fee to total	1	+\$8.00	

Place Order by: 07/20/20  
by 9 am  
Delivery Date: 07/22/20  
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: \_\_\_\_\_



# 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	BBQ PORK SLIDERS <i>slow roasted pulled pork served w/ PK bbq sauce, cabbage slaw w/ creamy red wine vinegar dressing, slider buns, &amp; PK sweet potato salad</i> <i>// Veg Op: BBQ Portobello</i>		\$13.95/ each	
2	BASIL PESTO GRILLED CHICKEN <i>chicken breast marinated in basil pesto &amp; balsamic vinegar, grilled &amp; sliced w/ garlic roasted tomatoes; served w/ roasted young potatoes &amp; tarragon dressing, &amp; corn-green bean-pepper sautee</i> <i>//Veg Op: Basil Pesto Baked Cauliflower</i>		\$13.95/ each	
3	GINGER-GARLIC PORK STIR FRY <i>boneless pork loin sliced &amp; stir fried w/ green bean, bell peppers, carrot, onion &amp; PK spicy ginger-garlic sauce; served w/ seasoned noodles &amp; green salad w/ creamy 5-spice dressing</i> <i>// Veg Op: Garlic-Ginger Tofu Stir Fry</i>		\$13.95/ each	
4	CLASSIC BEEF BOLOGNESE & PENNE <i>slow simmered bolognese w/ beef, tomato, carrot, mushroom, onion, &amp; herbs; served w/ penne pasta, parmesan roasted broccoli, &amp; rosemary focaccia</i> <i>// Veg Op: Cannellini Beans in Marinara</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.**