



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	TRI TIP W/ PK BBQ SAUCE <i>steakhouse style tri tip served w/ PK bbq sauce on the side, sour cream mashed potatoes & grilled summer squash w/ herbed tomatoes</i> // Veg Op: BBQ Portobello		\$39.95/ 4-6 servings	
2	CARNITAS TACOS <i>slow braised pork shoulder, crisped in avocado oil & pink salt, served w/ tortillas, fire roasted tomato salsa, chipotle crema & cabbage;</i> <i>spanish rice & seasoned beans</i> //Veg Op: Seasoned Beans		\$39.95/ 4-6 servings	
3	CHICKEN WALDORF SALAD <i>tender chicken breast, walnuts, grapes, celery, green apple, herbs, creamy tarragon dressing served w/ mixed greens, buttermilk biscuits, & tomato quinoa salad</i> // Veg Op: Tofu Waldorf		\$39.95/ 4-6 servings	
4	SAKE BRAISED CHICKEN <i>japanese style chicken braised in sake, tamari, & ginger;</i> <i>served w/ ginger scented rice & stir fried vegetables</i> // Veg Op: No Veg Option Available		\$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	
TOTAL	add \$8 delivery fee to total	1	+\$8.00	

Place Order by: 07/27/20
by 9 am

Delivery Date: 07/29/20

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	TRI TIP w/ PK BBQ SAUCE steakhouse style tri tip served w/ PK bbq sauce on the side, sour cream mashed potatoes & grilled summer squash w/ herbed tomatoes // Veg Op: BBQ Portobello		\$13.95/ each	
2	CARNITAS TACOS slow braised pork shoulder, crisped in avocado oil & pink salt, served w/ tortillas, fire roasted tomato salsa, chipotle crema & cabbage; spanish rice & seasoned beans //Veg Op: Seasoned Beans		\$13.95/ each	
3	CHICKEN WALDORF SALAD tender chicken breast, walnuts, grapes, celery, green apple, herbs, creamy tarragon dressing served w/ mixed greens, buttermilk biscuits, & tomato quinoa salad // Veg Op: Tofu Waldorf		\$13.95/ each	
4	SAKE BRAISED CHICKEN japanese style chicken braised in sake, tamari, & ginger; served w/ ginger scented rice & stir fried vegetables // Veg Op: No Veg Option Available		\$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.**