



PREPPED 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	MEXICAN CHICKEN VERDE tender chicken w/ tomatillo sauce; served w/ steamed rice, grilled summer vegetables, & corn salsa // Veg Op: Mushroom Verde		\$39.95/ 4-6 servings	
2	CHIMICHURRI STEAK steakhouse style, thin sliced steak w/ herb chimichurri; served w/ sour cream mashed potatoes & blistered green bean w/ summer tomatoes //Veg Op: Chimichurri Cauliflower		\$39.95/ 4-6 servings	
3	VIETNAMESE PORK NOODLE BOWLS lemongrass, ginger, & garlic pork stir fry; served w/ rice noodles & stir fried bok choy & carrot // Veg Op: Lemongrass Tofu		\$39.95/ 4-6 servings	
4	GRILLED PRAWN KABOBS W/ NECTARINE SALSA seasoned shrimp skewered and grilled w/ nectarine salsa; served w/ fire roasted corn, basil & quinoa salad & chili-parmesan roasted broccoli // Veg Op: Veggie 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: 08/31/20
by 9 am
Delivery Date: 09/02/20
Delivery Window: 2-4 p
// Indicate in "Notes" how many vegetarian options are needed (ex: 2 veg each or all veg)

PREPPED 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**



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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	MEXICAN CHICKEN VERDE <i>tender chicken w/ tomatillo sauce; served w/ steamed rice, grilled summer vegetables, & corn salsa // Veg Op: Mushroom Verde</i>		\$13.95/ each	
2	CHIMICHURRI STEAK <i>steakhouse style, thin sliced steak w/ herb chimichurri; served w/ sour cream mashed potatoes & blistered green bean w/ summer tomatoes //Veg Op: Chimichurri Cauliflower</i>		\$13.95/ each	
3	VIETNAMESE PORK NOODLE BOWLS <i>lemongrass, ginger, & garlic pork stir fry; served w/ rice noodles & stir fried bok choy & carrot // Veg Op: Lemongrass Tofu</i>		\$13.95/ each	
4	GRILLED PRAWN KABOBS W/ NECTARINE SALSA <i>seasoned shrimp skewered and grilled w/ nectarine salsa; served w/ fire roasted corn, basil & quinoa salad & chili-parmesan roasted broccoli // Veg Op: Veggie 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.**