



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	LOADED TACO SALAD w/ CHIPOTLE CHICKEN seasoned chicken, black beans, grilled corn, jicama, pico de gallo, avocado crema, mixed greens, crispy tortilla strips, cilantro-lime vinaigrette // Veg Op: Black Bean		\$39.95/ 4-6 servings	
2	ITALIAN BAKED ZITI al dente pasta layered & baked w/ marinara sauce, seasoned ground beef & ricotta/mozzarella/parmesan cheeses; served w/ grilled & marinated vegetables & garlic bread //Veg Op: Vegetarian Ziti		\$39.95/ 4-6 servings	
3	CURRY CHICKEN SALAD WRAPS PK famous curry chicken salad: pulled chicken, bell pepper, red onion, celery, cranberry, pumpkin seed, mild curry mayo, herbs; build-your-own large spinach wraps, fresh spinach; served w/ a side quinoa salad // Veg Op: Tofu Curry Salad		\$39.95/ 4-6 servings	
4	SLOW BRAISED GARLIC HERB COUNTRY PORK garlic, herb & dijon rubbed country pork braised to fall apart tender topped w/ sauteed apples & melted onions; served w/ PK browned butter rice pilaf, roasted brussel sprouts & butternut squash // Veg Op: Grilled Eggplant		\$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: 09/28/20
 by 9 am
 Delivery Date: 09/30/20
 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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Now offering **BREAKFAST !!**

We've been providing breakfast meal prep to our clients for nearly 10 years. We create tried & true breakfast classics as well as some PK originals, individually packaged for a quick heat-and-eat start to you day.

PK Meal Prep:

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.

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

ITEM #	ENTREE	QUANTITY	PRICE	TOTAL
B	PK BACON & EGG STANDARD <i>applewood smoked bacon, PK brunch potatoes, choice of cheddar scrambled OR over easy eggs, side tomato salsa</i>		\$13.95/ each	
1	LOADED TACO SALAD w/ CHIPOTLE CHICKEN <i>seasoned chicken, black beans, grilled corn, jicama, pico de gallo, avocado crema, mixed greens, crispy tortilla strips, cilantro-lime vinaigrette // Veg Op: Black Bean</i>		\$13.95/ each	
2	ITALIAN BAKED ZITI <i>al dente pasta layered & baked w/ marinara sauce, seasoned ground beef & ricotta/mozzarella/parmesan cheeses; served w/ grilled & marinated vegetables & garlic bread //Veg Op: Vegetarian Ziti</i>		\$13.95/ each	
3	CURRY CHICKEN SALAD WRAPS <i>PK famous curry chicken salad: pulled chicken, bell pepper, red onion, celery, cranberry, pumpkin seed, mild curry mayo, herbs; build-your-own large spinach wraps, fresh spinach; served w/ a side quinoa salad // Veg Op: Tofu Curry Salad</i>		\$13.95/ each	
4	SLOW BRAISED GARLIC HERB COUNTRY PORK <i>garlic, herb & dijon rubbed country pork braised to fall apart tender topped w/ sauteed apples & melted onions; served w/ PK browned butter rice pilaf, roasted brussel sprouts & butternut squash // Veg Op: Grilled Eggplant</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.**