



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	TERIYAKI STEAK Japanese style grilled steak w/ PK teriyaki sauce; served w/ steamed jasmine rice & wok fried vegetables // Veg Op: Teriyaki Tofu		\$39.95/ 4-6 servings	
2	ITALIAN STYLE PASTA & GIANT MEATBALLS pasta in PK marinara, large tender beef meatballs in marinara; served w/ a farmer's market salad // Veg Op: Veggie Meatballs		\$39.95/ 4-6 servings	
3	SAGE & CITRUS GRILLED CHICKEN chicken breast marinated in sage, orange & lemon; served w/ roasted butternut squash w/ pumpkin seeds & parmesan roasted broccoli // Veg Op: Pesto Mushrooms		\$39.95/ 4-6 servings	
4	THAI DRUNKEN NOODLES w/ PORK tender peices of pork loin stir fried in tamari, chili, ginger, garlic, & white wine; served w/ sauced rice noodles, carrot, bok choy, & napa cabbage //Veg Op: No Pork		\$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: 10/12/20
 by 9 am
 Delivery Date: 10/14/20
 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	S.F. STYLE JOE'S SPECIAL <i>a San Francisco specialty, scrambled egg, spinach, seasoned ground beef, onion, parmesan, topped w/ diced tomato; served w/ a side of herb roasted potatoes.</i> <i>//Veg Op: No Steak, add Mushrooms</i>		\$13.95/ each	
1	TERIYAKI STEAK <i>Japanese style grilled steak w/ PK teriyaki sauce; served w/ steamed jasmine rice & wok fried vegetables</i> <i>// Veg Op: Teriyaki Tofu</i>		\$13.95/ each	
2	ITALIAN STYLE PASTA & GIANT MEATBALLS <i>pasta in PK marinara, large tender beef meatballs in marinara; served w/ a farmer's market salad & garlic rolls</i> <i>// Veg Op: Veggie Meatballs</i>		\$13.95/ each	
3	SAGE & CITRUS GRILLED CHICKEN <i>chicken breast marinated in sage, orange & lemon; served w/ roasted butternut squash w/ pumpkin seeds & parmesan roasted broccoli</i> <i>// Veg Op: Pesto Mushrooms</i>		\$13.95/ each	
4	THAI DRUNKEN NOODLES W/ PORK <i>tender peices of pork loin stir fried in tamari, chili, ginger, garlic, & white wine; served w/ sauced rice noodles, carrot, bok choy, & napa cabbage</i> <i>// Veg Op: No Pork</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.