



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	PK TURKEY CHILI hearty turkey chili w/ veggies, dried chiles & tomato; served w/ farmer's market salad, corn muffins, & chili topping: sour cream, cheddar, diced onion // Veg Op: No Veg Op Available		\$39.95/ 4-6 servings	
2	STEAK FAJITAS garlic-lime marinated steak w/ sauteed onions & peppers, flour tortillas, cotija cheese & roasted tomato salsa; served w/ stewed black beans & creamy cilantro slaw // Veg Op: Mushroom & Tofu Fajitas		\$39.95/ 4-6 servings	
3	PAN FRIED CHICKEN & MASHED POTATOES seasoned & breaded pan fried chicken, PK sour cream mashed potatoes, sauteed seasonal vegetables & rosemary gravy //Veg Option: Pan Fried Eggplant		\$39.95/ 4-6 servings	
4	APPLE & WHITE BALSAMIC BRAISED PORK slow braised pork shoulder; served w/ herb & parmesan spaghetti squash & bacon-onion kale sautee //Veg Op: Tri-Color Quinoa		\$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: 10/26/20
 by 9 am
 Delivery Date: 10/28/20
 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 BREAKFAST BURRITOS (MINIMUM ORDER 2) <i>13 in flour tortilla filled w/ potato hash browns, scrambled egg, crispy bacon, cheddar, & pico de gallo; served w/ sour cream and salsa verde</i>		\$10.95/ each	
1	PK TURKEY CHILI <i>hearty turkey chili w/ veggies, dried chiles & tomato; served w/ farmer's market salad, corn muffins, & chili topping: sour cream, cheddar, diced onion</i> <i>// Veg Op: No Veg Op Available</i>		\$13.95/ each	
2	STEAK FAJITAS <i>garlic-lime marinated steak w/ sauteed onions & peppers, flour tortillas, cotija cheese & roasted tomato salsa; served w/ stewed black beans & creamy cilantro slaw</i> <i>// Veg Op: Mushroom & Tofu Fajitas</i>		\$13.95/ each	
3	PAN FRIED CHICKEN & MASHED POTATOES <i>seasoned & breaded pan fried chicken, PK sour cream mashed potatoes, sauteed seasonal vegetables & rosemary gravy</i> <i>//Veg Option: Pan Fried Eggplant</i>		\$13.95/ each	
4	APPLE & WHITE BALSAMIC BRAISED PORK <i>slow braised pork shoulder; served w/ herb & parmesan spaghetti squash & bacon-onion kale sautee</i> <i>//Veg Op: Tri-Color Quinoa</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.**