



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	HOUSEMADE COMBINATION CHOW MEIN authentic egg noodles stir fried w/ chicken, prawns, bok choy, carrot, celery, mushroom, onion, garlic & PK tamari-ginger sauce; served w/ housemade miso soup NOTE: Prawns can be eliminated from dish per request //Veg Option: Tofu Chow Mein		\$39.95/ 4-6 servings	
2	MEXICAN STYLE CARNITAS crispy slow braised garlicky pork w/ mini corn tortillas, salsa verde & cabbage; served w/ black bean, swiss chard & sweet potato sautee in a chipotle honey vinaigrette //Veg Option: Roasted Mushrooms		\$39.95/ 4-6 servings	
3	WINTER POT ROAST slow braised beef pot roast w/ potatoes, carrots, & parsnips; served w/ blistered brussels sprouts & buttermilk biscuits //No Veg Option		\$39.95/ 4-6 servings	
4	QUINOA & VEGETABLE SOUP quinoa, butternut squash, winter greens, carrot, onion, & herbs in a savory tomato broth; served w/ parmesan bread sticks & mixed greens - pomegranate-fennel salad		\$39.95/ 4-6 servings	
MP/B	Additional Meal Prep / Bakery			
TOTAL	add \$8 delivery fee to total	1	+\$8.00	

Place Order by: 12/31/20
 by 9 am
 Delivery Date: 01/04/20
 Delivery Window: 3-5 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**



PREPPED KITCHEN

Corporate & Private Catering
 Private Chef Services
 Meal-Prep Subscriptions
 Nutritional Therapy Consultations
 707.580.9678

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	NO BREAKFAST THIS WEEK			
1	HOUSEMADE COMBINATION CHOW MEIN <i>authentic egg noodles stir fried w/ chicken, prawns, bok choy, carrot, celery, mushroom, onion, garlic & PK tamari-ginger sauce;</i> <i>served w/ housemade miso soup</i> NOTE: Prawns can be eliminated from dish per request <i>//Veg Option: Tofu Chow Mein</i>		\$13.95/ each	
2	MEXICAN STYLE CARNITAS <i>crispy slow braised garlicky pork w/ mini corn tortilas, salsa verde & cabbage; served w/ black bean, swiss chard & sweet potato sautee in a chipotle honey vinaigrette</i> <i>//Veg Option: Roasted Mushrooms</i>		\$13.95/ each	
3	WINTER POT ROAST <i>slow braised beef pot roast w/ potatoes, carrots, & parsnips; served w/ blistered brussels sprouts & buttermilk biscuits</i> //No Veg Option		\$13.95/ each	
4	QUINOA & VEGETABLE SOUP <i>quinoa, butternut squash, winter greens, carrot, onion, & herbs in a savory tomato broth; served w/ parmesan bread sticks & mixed greens - pomegranate-fennel salad</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.**