



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 CHICKEN ginger & tamari marinated chicken w/ PK teriyaki sauce & scallions; served w/ steamed jasmine rice & stir fried vegetables //Veg Option: Teriyaki Tofu		\$39.95/ 4-6 servings	
2	CLASSIC CHILI VERDE W/ BRAISED PORK slow braised pork shoulder in a rich tomatillo sauce; served w/ mini corn tortillas, red chili rice & a cilantro lime slaw //Veg Option: White Bean Chili Verde		\$39.95/ 4-6 servings	
3	SHEPHERD'S PIE beef, carrots, peas, onions & herbs in a savory gravy topped w/ mashed potatoes & baked; served w/ roasted butternut squash & spinach salad //Veg Option: No Veg Option		\$39.95/ 4-6 servings	
4	CREAMY TOMATO SOUP classic tomato soup; served w/ pearl couscous salad & cheddar toast		\$39.95/ 4-6 servings	
MP/B	Additional Meal Prep / Bakery			
TOTAL	add \$8 delivery fee to total	1	+\$8.00	

Place Order by: 01/14/21
 by 9 am
 Delivery Date: 01/18/21
 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**



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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, breakfast potatoes, choice of: over easy or cheddar-scrambled eggs, & side of fire roasted salsa</i>		\$13.95	
1	TERIYAKI CHICKEN <i>ginger & tamari marinated chicken w/ PK teriyaki sauce & scallions; served w/ steamed jasmine rice & stir fried vegetables</i> <i>//Veg Option: Teriyaki Tofu</i>		\$13.95/ each	
2	CLASSIC CHILI VERDE W/ BRAISED PORK <i>slow braised pork shoulder in a rich tomatillo sauce; served w/ mini corn tortillas, red chili rice & a cilantro lime slaw</i> <i>//Veg Option: White Bean Chili Verde</i>		\$13.95/ each	
3	SHEPHERD'S PIE <i>beef, carrots, peas, onions & herbs in a savory gravy topped w/ mashed potatoes & baked; served w/ roasted butternut & spinach salad</i> <i>//Veg Option: No Veg Option</i>		\$13.95/ each	
4	CREAMY TOMATO SOUP <i>classic tomato soup; served w/ pearl couscous salad & cheddar toast</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.