



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	CHICKEN TIKKA MASALA tender peices of chicken simmered in a spiced tomat-coconut sauce; served w/ steamed jasmine rice & mixed tandoori vegetables //Veg Option: White Bean Tikka Masala		\$39.95/ 4-6 servings	
2	BEEF ENCHILADAS RANCHERAS beef, poblano, onion, spinach, cheddar wrapped in corn tortillas & topped w/ red chili sauce & cheese; served w/ stewed black beans & mixed green salad //Veg Option: Black Bean Enchiladas		\$39.95/ 4-6 servings	
3	SHRIMP SCAMPI ALFREDO fettuccini pasta w/ parmesan alfredo sauce, spinach, tomato & sweet peppers, topped w/ garlicy prawns; served w/ roasted parmesan broccoli //Veg Option: No Prawns		\$39.95/ 4-6 servings	
4	MUSHROOM SOUP creamy & smooth mushroom & herb soup; served w/ garlic-herb pull-apart-rolls & PK potato 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: 01/21/21
 by 9 am
 Delivery Date: 01/25/21
 Delivery Window: 3-5 p
 // Indicate in "Notes" how many vegetarian options are needed (ex: 2 veg each or all veg)

PREPPED Kitchen
 commissary:
 301 c. Main St.
 Suisun City, CA 94585
 office:
 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 BURRITO <i>13 inch flour tortilla filled w/ scrambled egg, hashbrown, cheddar, bacon, & pico de gallo; served w/ a side of sour cream & salsa verde</i>		\$13.95	
1	CHICKEN TIKKA MASALA <i>tender peices of chicken simmered in a spiced tomato-coconut sauce; served w/ steamed jasmine rice & mixed tandoori vegetables</i> <i>//Veg Option: White Bean Tikka Masala</i>		\$13.95/ each	
2	BEEF ENCHILADAS RANCHERAS <i>beef, poblano, onion, spinach, cheddar wrapped in corn tortillas & topped w/ red chili sauce & cheese; served w/ stewed black beans & mixed green salad</i> <i>//Veg Option: Black Bean Enchiladas</i>		\$13.95/ each	
3	SHRIMP SCAMPI ALFREDO <i>fettuccini pasta w/ parmesan alfredo sauce, spinach, tomato & sweet peppers, topped w/ garlicy prawns; served w/ roasted parmesan broccoli</i> <i>//Veg Option: No Prawns</i>		\$13.95/ each	
4	MUSHROOM SOUP <i>creamy & smooth mushroom & herb soup; served w/ garlic-herb pull-apart-rolls & PK potato 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.