



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 | CLASSIC BEEF MEATLOAF savory beef meatloaf w/ tomato-molasses glaze; served w/ PK sour cream mashed potatoes & blistered green beans //Veg Option: No Veg Option | | \$39.95/ 4-6 servings | |
| 2 | TURKEY BURGERS housemade turkey & herb burgers w/ house-baked buns, tomato, lettuce, onion, cheese, & PK burger sauce; served w/ roasted potato wedges & spinach salad //Veg Option: Veggie Burgers | | \$39.95/ 4-6 servings | |
| 3 | THAI GREEN CURRY W/ CHICKEN tender peices of chicken in Thai green coconut curry; served w/ stir fried vegetables & rice noodles //Veg Option: Tofu Green Curry | | \$39.95/ 4-6 servings | |
| 4 | POTATO & LEEK SOUP silky potato & leek puree; served w/ kale & farro salad & buttermilk biscuits | | \$39.95/ 4-6 servings | |
| MP/B | Additional Meal Prep / Bakery | | | |
| TOTAL | add \$8 delivery fee to total | 1 | +\$8.00 | |

Delivery Location: _____

Contact Info: _____

Notes: _____

****Please have all orders adhere to a \$120.00/minimum**

Place Order by: 02/04/21
by 10 am

Delivery Date: 02/08/21

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 :
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Suisun City, CA 94585
o f f i c e :
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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 | JOE'S SPECIAL <i>a Marin, Ca specialty: scrambled eggs, seasoned beef, spinach, onion, & lots of parmesan cheese topped w/ diced tomato</i> | | \$13.95 | |
| 1 | CLASSIC BEEF MEATLOAF <i>savory beef meatloaf w/ tomato-molasses glaze; served w/ PK sour cream mashed potatoes & blistered green beans //Veg Option: No Veg Option</i> | | \$13.95/ each | |
| 2 | TURKEY BURGERS <i>housemade turkey & herb burgers w/ house-baked buns, tomato, lettuce, onion, cheese, & PK burger sauce; served w/ roasted potato wedges & spinach salad //Veg Option: Veggie Burgers</i> | | \$13.95/ each | |
| 3 | THAI GREEN CURRY w/ CHICKEN <i>tender peices of chicken in Thai green coconut curry; served w/ stir fried vegetables & rice noodles //Veg Option: Tofu Green Curry</i> | | \$13.95/ each | |
| 4 | POTATO & LEEK SOUP <i>silky potato & leek puree; served w/ kale & farro salad & buttermilk biscuits</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.