







PREPPED KITCHEN

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















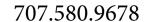
| Programme 1 in | | | |
|-------------------|--------------|----------------------|-------|
| This week's menu: | Family Style | serves 4 – $6~\mu$ | eople |

| ı | ITEM# | ENTREE | QNTY | PRICE | TOTAL |
|---|-------|---|------|--------------------------|-------|
| | 1 | Basil Pesto Chicken marinated chicken breast, sliced & tossed w/ basil pesto: served w/ herb roasted red potatoes & oven roasted brussels sprouts w/ bacon crumbles //Veg Option: Pesto Mushrooms | | \$39.95/ 4-6 servings | |
| | 2 | RED CHILI BRAISED BEEF tender, slow braised beef in a mild red chili sauce; served w/ cilantro rice, & spice roasted cauliflower/carrot/kale //Veg Option: Red Chili Pinto Beans | | \$39.95/ 4-6 servings | |
| | 3 | GINGER-PEPPER PORK STIR FRY tender peices of pork loin stir fried w/ sweet peppers& green beans; served w/ steamed rice & sesame-ginger slaw //Veg Option: Tofu Stir Fry | | \$39.95/ 4-6 servings | |
| | 4 | TOM KHATHAI COCONUT SOUP savory ginger & coconut soup w/ thai basil, tofu, sweet red peppers & scallions; served w/ rice noodle salad & crispy veggie spring rolls | | \$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:





Place Order by: 02/11/21 by 10 am

Delivery Date: 02/15/21
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 of fice:

417 Mace Blvd. ste. J 210 Davis, CA 95618 preppedkitchen@gmail.comig: @preppedkitchen fb: /preppedkitchen

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



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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 ingedient lists.

This week's menu: Meal Prep

| ITEM# | ENTREE | QUANTITY | PRICE | TOTAL |
|-------|---|----------|------------------|-------|
| В | Baked Oatmeal w/ Cinnamon Apples lightly sweetened baked oatmeal w/ sauteed cinnamon apples & two pieces of applewood smoked bacon | | \$13.95 | |
| 1 | BASIL PESTO CHICKEN marinated chicken breast, sliced & tossed w/ basil pesto: served w/ herb roasted red potatoes & oven roasted brussels sprouts w/ bacon crumbles //Veg Option: Pesto Mushrooms | | \$13.95/ each | |
| 2 | RED CHILI BRAISED BEEF tender, slow braised beef in a mild red chili sauce; served w/ cilantro rice, & spice roasted cauliflower/carrot/kale //Veg Option: Red Chili Pinto Beans | | \$13.95/ each | |
| 3 | GINGER-PEPPER PORK STIR FRY tender peices of pork loin stir fried w/ sweet peppers& green beans; served w/ steamed rice & sesame-ginger slaw //Veg Option: Tofu Stir Fry | | \$13.95/ each | |
| 4 | TOM KHATHAI COCONUT SOUP savory ginger & coconut soup w/ thai basil, tofu, sweet red peppers & scallions; served w/ rice noodle salad & crispy veggie spring rolls | | \$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.