



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	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 KHA--THAI 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: _____

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

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
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Suisun City, CA 94585
o f f i c e :
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Davis, CA 95618
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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	BAKED OATMEAL w/ CINNAMON APPLES <i>lightly sweetened baked oatmeal w/ sauteed cinnamon apples & two pieces of applewood smoked bacon</i>		\$13.95	
1	BASIL PESTO CHICKEN <i>marinated chicken breast, sliced & tossed w/ basil pesto: served w/ herb roasted red potatoes & oven roasted brussels sprouts w/ bacon crumbles</i> //Veg Option: Pesto Mushrooms		\$13.95/ each	
2	RED CHILI BRAISED BEEF <i>tender, slow braised beef in a mild red chili sauce; served w/ cilantro rice, & spice roasted cauliflower/carrot/kale</i> //Veg Option: Red Chili Pinto Beans		\$13.95/ each	
3	GINGER-PEPPER PORK STIR FRY <i>tender peices of pork loin stir fried w/ sweet peppers& green beans; served w/ steamed rice & sesame-ginger slaw</i> //Veg Option: Tofu Stir Fry		\$13.95/ each	
4	TOM KHA--THAI COCONUT SOUP <i>savory ginger & coconut soup w/ thai basil, tofu, sweet red peppers & scallions; served w/ rice noodle salad & crispy veggie spring rolls</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.