



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	BEEF BOLOGNESE W/ FETTUCCINE classic tomato basil sauce w/ beef, vegetables & finished w/ cream; served w/ wheat pasta & a farmer's market salad //Veg Option: No Veg Option		\$39.95/ 4-6 servings	
2	TERIYAKI CHICKEN grilled chicken marinated in tamari & ginger, sliced & drizzled w/ PK teriyaki sauce; served w/ steamed rice & stir fried vegetables //Veg Option: Teriyaki Tofu		\$39.95/ 4-6 servings	
3	HERB BRAISED PORK W/ PEACH SALSA pork shoulder slow braised in herbs, garlic & dijon w/ fresh peach salsa; served w/ farro salad & blistered green beans //Veg Option: Veggie Patties w/ Peach Salsa		\$39.95/ 4-6 servings	
4	TAMARI TOFU & VEGGIE CHOW MEIN egg noodles stir fried w/ marinated tofu, vegetables & tamari-ginger sauce; served w/ sesame-ginger slaw		\$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: 06/10/21
by 10 am

Delivery Date: 06/15/21
Delivery Window: 1-4 pm

// 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
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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 (ingredient list upon request).

This week's menu: **Meal Prep**

ITEM #	ENTREE	QUANTITY	PRICE	TOTAL
B	PK BREAKFAST BURRITO <i>13 inch flour tortilla wrapped around applewood smoked bacon, scrambled eggs, potato hash brown, cheddar cheese, pico de gallo; served w/ salsa verde & sour cream</i>		\$13.95	
1	BEEF BOLOGNESE w/ FETTUCCINE <i>classic tomato basil sauce w/ beef, vegetables & finished w/ cream; served w/ wheat pasta & a farmer's market salad</i> //Veg Option: No Veg Option		\$13.95/ each	
2	TERIYAKI CHICKEN <i>grilled chicken marinated in tamari & ginger, sliced & drizzled w/ PK teriyaki sauce; served w/ steamed rice & stir fried vegetables</i> //Veg Option: Teriyaki Tofu		\$13.95/ each	
3	HERB BRAISED PORK w/ PEACH SALSA <i>pork shoulder slow braised in herbs, garlic & dijon w/ fresh peach salsa; served w/ farro salad & blistered green beans</i> //Veg Option: Veggie Patties w/ Peach Salsa		\$13.95/ each	
4	TAMARI TOFU & VEGGIE CHOW MEIN <i>egg noodles stir fried w/ marinated tofu, vegetables & tamari-ginger sauce; served w/ sesame-ginger slaw</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.**