



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	GRILLED CHICKEN & BASIL RIGATONI chicken breast, summer tomatoes & sweet peppers, basil & parmesan in a light white wine sauce over rigatoni pasta; served w/ a lemon-kale salad //Veg Option: Grilled Cauliflower & Basil Rigatoni		\$39.95/ 4-6 servings	
2	STEAK BURRITO BOWLS build-your-own burrito bowls w/ spanish rice, carne asada, seasoned beans, cheddar & jack cheese, roasted tomato salsa, & roasted garlic crema; served w/ cilantro-lime slaw //Veg Option: Mushroom Burrito Bowls		\$39.95/ 4-6 servings	
3	THAI GREEN CURRY W/ CHICKEN chicken, green bean, carrot, grape tomato & spinach in PK green coconut curry sauce; served w/ steamed rice & green papaya-spinach salad //Veg Option: Green Curry w/ Tofu		\$39.95/ 4-6 servings	
4	CORN-QUINOA-TOMATO BOWLS quinoa, fresh summer corn, tomatoes, asparagus, arugula, diced sweet potato, feta & chipotle crema; served w/ marinated cucumber 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: 06/17/21
by 10 am

Delivery Date: 06/22/21
 Delivery Window: 1-4 pm
 // 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 :
 301 c. Main St.
 Suisun City, CA 94585
 o f f i c e :
 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 (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	GRILLED CHICKEN & BASIL RIGATONI <i>chicken breast, summer tomatoes & sweet peppers, basil & parmesan in a light white wine sauce over rigatoni pasta; served w/ a lemon-kale salad</i> <i>//Veg Option: Grilled Cauliflower & Basil Rigatoni</i>		\$13.95/ each	
2	STEAK BURRITO BOWLS <i>build-your-own burrito bowls w/ spanish rice, carne asada, seasoned beans, cheddar & jack cheese, roasted tomato salsa, & roasted garlic crema; served w/ cilantro-lime slaw</i> <i>//Veg Option: Mushroom Burrito Bowls</i>		\$13.95/ each	
3	THAI GREEN CURRY w/ CHICKEN <i>chicken, green bean, carrot, grape tomato & spinach in PK green coconut curry sauce; served w/ steamed rice & green papaya-spinach salad</i> <i>//Veg Option: Green Curry w/ Tofu</i>		\$13.95/ each	
4	CORN-QUINOA-TOMATO BOWLS <i>quinoa, fresh summer corn, tomatoes, asparagus, arugula, diced sweet potato, feta & chipotle crema; served w/ marinated cucumber 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.