



# 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	PK BBQ RIBS <i>fall-of-the-bone bbq pork ribs glazed w/ PK bbq sauce; served w/ picnic potato salad &amp; a corn-arugula salad //Veg Option: BBQ Cauliflower</i>		\$39.95/ 4-6 servings	
2	CHICKEN ENCHILADAS SUIZAS <i>slow braised chicken wrapped in corn tortillas w/ creamy poblano-tomatillo sauce &amp; oaxaca cheese; served w/ sauteed summer squash w/ corn &amp; tomato, &amp; cilantro rice //Veg Option: No Veg Option</i>		\$39.95/ 4-6 servings	
3	VIETNAMESE CARAMELIZED CHICKEN <i>minced chicken stir fried w/ ginger, chilies, cilantro &amp; mint in a sweet &amp; spicy tamari sauce; served w/ seasoned rice noodles &amp; an herb salad w/ bean sprout, green bean, carrot &amp; tomato //Veg Option: Caramelized Tofu</i>		\$39.95/ 4-6 servings	
4	POTATO & CAULIFLOWER CURRY <i>tender potatoes, cauliflower, sweet peas &amp; spinach in a yellow curry sauce; served w/ quinoa &amp; fresh tomato chutney</i>		\$39.95/ 4-6 servings	
MP/B	Additional Meal Prep / Bakery			
TOTAL	add \$8 delivery fee to total	1	+\$8.00	

Place Order by: 06/24/21  
by 10 am

Delivery Date: 06/29/21  
Delivery Window: 2-5 pm

// Indicate in "Notes" how many vegetarian options are needed (ex: 2 veg each or all veg)

Delivery Location: \_\_\_\_\_

Contact Info: \_\_\_\_\_

Notes: \_\_\_\_\_

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

PREPPED Kitchen  
 commissary:  
 301 c. Main St.  
 Suisun City, CA 94585  
 office:  
 417 Mace Blvd. ste. J 210  
 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 (ingredient list upon request).

### This week's menu: Meal Prep

ITEM #	ENTREE	QUANTITY	PRICE	TOTAL
<b>B</b>	<b>PK BREAKFAST BURRITO</b> <i>13 inch flour tortilla wrapped around applewood smoked bacon, scrambled eggs, potato hash brown, cheddar cheese, pico de gallo; served w/ salsa verde &amp; sour cream</i>		\$13.95	
<b>1</b>	<b>PK BBQ RIBS</b> <i>fall-of-the-bone bbq pork ribs glazed w/ PK bbq sauce; served w/ picnic potato salad &amp; a corn-arugula salad</i> //Veg Option: BBQ Cauliflower		\$13.95/ each	
<b>2</b>	<b>CHICKEN ENCHILADAS SUIZAS</b> <i>slow braised chicken wrapped in corn tortillas w/ creamy poblano-tomatillo sauce &amp; oaxaca cheese; served w/ sauteed summer squash w/ corn &amp; tomato, &amp; cilantro rice</i> //Veg Option: No Veg Option		\$13.95/ each	
<b>3</b>	<b>VIETNAMESE CARAMELIZED CHICKEN</b> <i>minced chicken stir fried w/ ginger, chilies, cilantro &amp; mint in a sweet &amp; spicy tamari sauce; served w/ seasoned rice noodles &amp; an herb salad w/ bean sprout, green bean, carrot &amp; tomato</i> //Veg Option: Caramelized Tofu		\$13.95/ each	
<b>4</b>	<b>POTATO &amp; CAULIFLOWER CURRY</b> <i>tender potatoes, cauliflower, sweet peas &amp; spinach in a yellow curry sauce; served w/ quinoa &amp; fresh tomato chutney</i>		\$13.95/ each	
<b>TOTAL</b>	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.**