



# 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	<b>GRILLED BASIL PESTO CHICKEN</b> <i>chicken breast marinated &amp; grilled, drizzled w/ basil pesto; served w/ tomato-mozzarella salad &amp; herb quinoa</i> //Veg Option: Basil Pesto Mushrooms		\$42.95/ 4-6 servings	
2	<b>BEEF TACOS AMERICANOS</b> <i>seasoned beef, flour tortillas, cheddar, shredded lettuce, sour cream &amp; pico de gallo; served w/ corn &amp; summer squash rice salad</i> //Veg Option: Black Bean Tacos		\$42.95/ 4-6 servings	
3	<b>GARLIC HERB BRAISED PORK W/ PLUM SALSA</b> <i>slow braised pork shoulder in herb, dijon, &amp; garlic; served w/ plum salsa, green bean sautee, &amp; rice pilaf</i> //Veg Option: No Veg Option		\$42.95/ 4-6 servings	
4	<b>BAKED ZITI</b> <i>ziti pasta baked w/ italian cheese blend &amp; house marinara; served w/ caesar salad &amp; garlic foccacia</i>		\$42.95/ 4-6 servings	
<b>MP/B</b>	<i>Additional Meal Prep / Bakery</i>			
<b>TOTAL</b>	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: 07/01/21  
by 10 am

Delivery Date: 07/06/21  
Delivery Window: 2-5 pm

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

PREPPED Kitchen  
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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>GRILLED BASIL PESTO CHICKEN</b> <i>chicken breast marinated &amp; grilled, drizzled w/ basil pesto; served w/ tomato-mozzarella salad &amp; herb quinoa</i> <i>//Veg Option: Basil Pesto Mushrooms</i>		\$13.95/ each	
<b>2</b>	<b>BEEF TACOS AMERICANOS</b> <i>seasoned beef, flour tortillas, cheddar, shredded lettuce, sour cream &amp; pico de gallo; served w/ corn &amp; summer squash rice salad</i> <i>//Veg Option: Black Bean Tacos</i>		\$13.95/ each	
<b>3</b>	<b>GARLIC HERB BRAISED PORK w/ PLUM SALSA</b> <i>slow braised pork shoulder in herb, dijon, &amp; garlic; served w/ plum salsa, green bean sautee, &amp; rice pilaf</i> <i>//Veg Option: No Veg Option</i>		\$13.95/ each	
<b>4</b>	<b>BAKED ZITI</b> <i>ziti pasta baked w/ italian cheese blend &amp; house marinara; served w/ caesar salad &amp; garlic foccacia</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.**