



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	ARROZ CON POLLO tender braised chicken w/ sweet peppers, tomato, green olives & herbs; served w/ paprika rice & sauteed summer vegetables //Veg Option: No Veg Option		\$42.95/ 4-6 servings	
2	SUMMER SHRIMP SCAMPI shrimp sauteed in butter, white wine, & garlic w/ summer corn, tomatoes, & herbs; served w/ angel hair pasta & a farmer's market salad //Veg Option: Mushroom Scampi		\$42.95/ 4-6 servings	
3	CURRY TURKEY MEATBALLS housemade turkey meatballs in a tomato curry sauce; served w/ aloo gobi (tumeric potato & cauliflower) & garlicky sauteed greens //Veg Option: Veggie Meatballs		\$42.95/ 4-6 servings	
4	SWEET PEA & CORN GNOCCHI potato gnocchi dumplings sauteed in browned butter w/ summer corn, sweet peas, & summer cherry tomatoes w/ fresh basil & mint; served w/ a spinach salad		\$42.95/ 4-6 servings	
MP/B	Additional Meal Prep / Bakery			
TOTAL	add \$8 delivery fee to total	1	+\$8.00	

Place Order by: 07/08/21
by 10 am

Delivery Date: 07/13/21
Delivery Window: 2-5 pm

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

PREPPED Kitchen
 commissary:
 301 c. Main St.
 Suisun City, CA 94585
 office:
 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	ARROZ CON POLLO <i>tender braised chicken w/ sweet peppers, tomato, green olives & herbs; served w/ paprika rice & sauteed summer vegetables</i> //Veg Option: No Veg Option		\$13.95/ each	
2	SUMMER SHRIMP SCAMPI <i>shrimp sauteed in butter, white wine, & garlic w/ summer corn, tomatoes, & herbs; served w/ angel hair pasta & a farmer's market salad</i> //Veg Option: Mushroom Scampi		\$13.95/ each	
3	CURRY TURKEY MEATBALLS <i>housemade turkey meatballs in a tomato curry sauce; served w/ aloo gobi (tumeric potato & cauliflower) & garlicky sauteed greens</i> //Veg Option: Veggie Meatballs		\$13.95/ each	
4	SWEET PEA & CORN GNOCCHI <i>potato gnocchi dumplings sauteed in browned butter w/ summer corn, sweet peas, & summer cherry tomatoes w/ fresh basil & mint; served w/ a spinach 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.