



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	ENCHILADAS RANCHERAS seasoned ground beef & cheddar rolled in corn tortillas w/ house made chili sauce; served w/ black bean salad & creamy cilantro slaw //Veg Option: Potato Enchiladas		\$42.95/ 4-6 servings	
2	PK CHICKEN TERIYAKI chicken marinated in ginger & tamari w/ PK pineapple-teriyaki sauce; served w/ steamed rice & seasonal veggie stir fry //Veg Option: Teriyaki Tofu		\$42.95/ 4-6 servings	
3	PK TURKEY BURGERS house made turkey burgers, house baked buns, burger sauce, lettuce/tomato/onion, swiss cheese; served w/ picnic style pasta salad & watermelon salad //Veg Option: Veggie Burger		\$42.95/ 4-6 servings	
4	THAI GREEN CURRY PK green coconut curry sauce w/ tofu, carrot, green bean, grape tomato, & cauliflower; served w/ steamed jasmine rice & green papaya 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: 07/22/21
by 10 am

Delivery Date: 07/27/21

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
 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



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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	NEW BREAKFAST BURRITO <i>13 inch flour tortilla wrapped around chili spiced breakfast sausage, house made potatoes w/ roasted green chilies, scrambled egg, cheddar, & pico de gallo; served w/ sour cream & salsa verde</i>		\$13.95	
1	ENCHILADAS RANCHERAS <i>seasoned ground beef & cheddar rolled in corn tortillas w/ house made chili sauce; served w/ black bean salad & creamy cilantro slaw //Veg Option: Potato Enchiladas</i>		\$13.95/ each	
2	PK CHICKEN TERIYAKI <i>chicken marinated in ginger & tamari w/ PK pineapple-teriyaki sauce; served w/ steamed rice & seasonal veggie stir fry //Veg Option: Teriyaki Tofu</i>		\$13.95/ each	
3	PK TURKEY BURGERS <i>house made turkey burgers, house baked buns, burger sauce, lettuce/tomato/onion, swiss cheese; served w/ picnic style pasta salad & watermelon salad //Veg Option: Veggie Burger</i>		\$13.95/ each	
4	THAI GREEN CURRY <i>PK green coconut curry sauce w/ tofu, carrot, green bean, grape tomato, & cauliflower; served w/ steamed jasmine rice & green papaya 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.**