

# Prepared Meals from our Kitchen

## Meals & Sides

- Penne a la Vodka
- Chicken Picatta
- Chicken Parmesan
- Sunday Bolognese
- Chicken Fettuccini
- Sausage & Peppers
- Stuffed Shells
- Burgundy Braised Short Ribs
- American Shepherd's Pie
- Chicken Shawarma
- Gnocchi Gorgonzola
- Aunt Shirley's Meatballs
- Wood Fire Chicken
- Chicken Enchiladas with Mole
- Pork al Pastor
- **Check out our new Smoothie Mix Cups!!!!**



- Chicken Pot Pie
- Mac & Cheese
- Irish Stout Mac & Cheese
- Risotto Milanese
- Shrimp Scampi Risotto
- Simply Whipped Mashed Potatoes
- Creamed Spinach
- Cauliflower & Artichoke Mash
- Shrimp Cocktail
- Steak & Cheese Spring Rolls
- Chicken Tenders
- Quiche

## Salads, Soups & Dips

- Italian Chicken Soup
- Turkey Chili
- Sausage, Kale & White Bean Soup
- Cheddar & Ale Soup
- Sweet Potato & Carrot Bisque
- Tomato Basil Mozzarella (GF)
- **Santa Fe Black Bean and Corn (GF)**
- Mediterranean Orzo Salad
- **Millet Tabbouleh (VG, GF, LC)**
- **Zucchini, Millet, Quinoa**
- **Rainbow Quinoa Salad (LC, Veg)**
- **Turmeric Soba Noodle (VG)**
- **Shaved Sprouts & Kale (GF)**



Items listed in green are lean meals / sides. VG = Vegan GF= Gluten Free LC=Low Carb

Please note: Supplies vary depending on demand and scheduled deliveries. This list is based on our current stock, it may be different by the weekend. You may call the store before you arrive to check on availability of specific items.