

Prepared Meals from our Kitchen



APM Classics & International Flavors

- Burgundy Braised Short Ribs
- Grilled Pork Tenderloin
- Chicken Cordon Bleu Pinwheel
- American Shepherd's Pie
- Swedish Meatballs
- Oktoberfest Plate
- Mac & Cheese
- Chicken Pot Pie
- Chili Relleno
- Shrimp Ceviche (GF)
- Quiche
- Chicken Lemongrass Potstickers

Italian Favorites

- Lasagna Roll Ups
- Chicken Picatta
- Penne Bolognese
- Chicken Parmesan
- Eggplant Parmesan
- Stuffed Shells
- Sausage & Peppers
- Aunt Shirley's Meatballs
- Three Cheese Risotto
- Risotto Milanese

BBQ Central

- Smoked Baby Back Ribs
- Vegetarian Baked Beans
- Mesquite BBQ Chicken
- BBQ Pulled Pork
- Buttermilk Fried Chicken
- Corn Bread
- Smoked Turkey Quesadilla
- Mac & Cheese
- BBQ Beef & Bacon Meatloaf
- Buttermilk Chicken Tenders

See next page for
Salads, Soups,
Vegan and Paleo Foods



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.

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Soups, Sides & Dips

- Yukon Mashed Potatoes
- Puebla Mashed Potatoes
- Irish Scalloped Potatoes
- Creamed Spinach
- Cauliflower & Artichoke Mash
- Crab Cakes
- Shrimp Cocktail
- Turkey Chili
- Kale & White Bean Soup
- Italian Chicken Soup
- **Dips:**
 - Pesto Veggie Dip
 - Mediterranean Dip
 - 5 Layer Mexican Dip
 - Spinach Artichoke
 - Buffalo Bleu Cheese

Salads & Smoothie Mixes

- BLT Pasta Salad
- Apple Bacon Slaw
- Tricolor Tortellini Pesto
- Mediterranean Orzo Salad
- Santa Fe Corn Salad
- **Fruit & Smoothie Mixes:**
 - Berry Blast
 - Tropical Paradise
 - Mixed Fruit Salad

Vegetarian, Vegan & Paleo Friendly

- Spaghetti Squash Millet (GF, LC)
- Chicken Puttanesca (GF, LC)
- Eggplant Involtini
- Fiery Roasted Sweet Potatoes (GF)
- Millet Tabbouleh (VG, GF)
- Multigrain Pistachio Salad
- Turmeric Sunrise Quinoa Salad
- Summer Veggie Couscous
- Oriental Couscous Salad
- Kickin Veggies and Grains
- Provençal Edamame
- Classic Potato Gnocchi
- Kale & White Bean



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