

# Prepared Meals from our Kitchen



## APM Classics & International Flavors

- Beef Short Rib Pot Pie
- Roasted Pork Tenderloin & Beets
- Curry Chicken
- Southwest Pork Tenderloin
- Braised Lamb Shanks
- Burgundy Braised Short Ribs
- Chicken Pot Pie
- Shepherd's Pie
- Assorted Quiche

## Italian Favorites

- Penne a la Vodka
- Chicken Parmesan
- Stuffed Shells
- Four Cheese Manicotti
- Aunt Shirley's Meatballs
- Mushroom Risotto
- Three Cheese Risotto

## BBQ Central

- Smoked Baby Back Ribs
- BBQ Beef & Bacon Meatloaf
- BBQ Pulled Pork
- Mesquite BBQ Pulled Chicken
- Corn Bread
- Apple Cinnamon Muffin
- Mac & Cheese

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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## Sides & Dips

- Roasted Butternut Squash
- Creamed Spinach
- Yukon Mashed Potatoes
- Cauliflower & Artichoke Mash
- Shrimp Cocktail
- **Dips:**
  - Spinach Artichoke
  - Buffalo Bleu Cheese
  - Mexican Five Layer Fiesta

## Salads & Slaws

- Fall Harvest Pasta Salad
- BLT Pasta Salad
- Mozzarella, Tomato & Basil
- Mediterranean Orzo Salad
- **Soups:**
  - Sausage, White Bean and Kale Soup
  - Turkey Chili
  - Sausage & White Bean Chili
  - Tomato Bisque
  - New England Clam Chowder
  - Vegetable Minestrone

## Vegetarian, Vegan & Paleo Friendly

- Mediterranean Veggie Salad (V, GF)
- Sweet Potato & Quinoa (LC, V)
- Kale & White Bean Salad
- Fruit & Grain Salad (LC, V)
- Santa Fe Black Bean & Corn (GF)



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