

Prepared Meals from our Kitchen



APM Classics & International Flavors

- American Shepherd's Pie
- Chicken Lemongrass Pot Stickers
- Honey Garlic Chicken
- Maryland Crab Cakes
- Ragin' Cajun Jambalaya
- Southwest Grilled Quesadilla
- Shrimp Cocktail

Italian Favorites

- Chicken Fresco
- Chicken Parmesan
- Lemon Pesto Chicken
- Penne a la Vodka
- Wild Mushroom Risotto

BBQ Central

- BBQ Bacon Meatloaf
- BBQ Pulled Pork
- BBQ Shredded Chicken
- Mac & Cheese
- Smoked Baby Back Ribs
- Corn Bread Muffins

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

- Cauliflower Artichoke Mash
- Creamed Spinach
- Simply Steamed Broccoli
- Yukon Gold Mashed Potatoes

Dips

- Buffalo Bleu Cheese
- Summer Crab Dip
- Spinach Artichoke

Salads & Slaws

- BLT Pasta Salad
- Broccoli Crunchy Slaw
- Broccoli Quinoa
- Chipotle Tortellini Salad
- Jicama Salad
- Mediterranean Orzo
- Mozzarella, Tomato & Basil
- Sweet Potato and Quinoa Salad

Soups

- Fire Roasted Corn Chowder
- Miso Soup
- Spicy Gazpacho
- Vegetable Minestrone

Vegetarian, Vegan & Paleo Friendly

- Kale & White Bean Salad
- Santa Fe Black Bean & Corn (GF)
- Tabbouleh
- Toasted Quinoa & Lentil Salad
- Tuscan Farro Salad



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