

Prepared Meals from our Kitchen



APM Classics & International Flavors

- American Shepherd's Pie
- Breakfast Strata
- Lemongrass Pot Stickers
- Maryland Crab Cakes
- Ragin' Cajun Jambalaya
- Shrimp Cocktail
- Southwestern Pork Tenderloin
- Southwestern Grilled Quesadillas
- Turkey Ricotta Meatballs

Italian Favorites

- Aunt Shirley's Meatballs
- Chicken Fresco
- Chicken Parmesan
- Chicken Piccata
- Penne ala Vodka
- Zoodles Bolognese

BBQ Central

- BBQ Pulled Pork
- BBQ Bacon Meatloaf
- BBQ Shredded Chicken
- Jamaican Jerk Chicken Legs
- Mac & Cheese
- Classic Baked Beans
- 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

- Creamed Spinach
- Cauliflower Artichoke Mash
- Kung Pao Brussels Sprouts
- Roasted Creamer Potatoes
- Simply Steamed Broccoli
- Yukon Gold Mashed Potatoes

Dips

- Buffalo Bleu Cheese
- Fiesta Dip
- Spinach Artichoke

Salads & Slaws

- Apple Bacon Slaw
- BLT Pasta Salad
- Chipotle Tortellini
- Mediterranean Orzo
- Mozzarella Tomato Basil
- Broccoli and Quinoa Salad
- Thai Peanut Noodles

Soups

- Gazpacho
- Turkey Chili

Vegetarian, Vegan & Paleo Friendly

- Kale & White Bean Salad
- Mediterranean Vegetable
- White Bean Salad
- Santa Fe Black Bean & Corn (GF)
- Tabbouleh



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