

# Prepared Meals from our Kitchen



## APM Classics & International Flavors

- American Shepherd's Pie
- Chicken Lemongrass Pot Stickers
- Chicken & Chorizo Enchiladas
- Lobster Mac and Cheese
- Pork Carnitas Grilled Quesadillas
- Shrimp Cocktail
- Turkey Ricotta Meatballs

## Italian Favorites

- Aunt Shirley's Meatballs
- Chicken Tikka Marsala
- Chicken Parmesan
- Chicken Piccata
- Penne ala Vodka
- Shrimp Scampi Risotto
- Risotto Milanese
- Veal Parmesan

## BBQ Central

- BBQ Pulled Pork
- BBQ Bacon Meatloaf
- 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

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

## Dips

- Buffalo Bleu Cheese
- Fiesta Dip
- Spinach Artichoke

## Salads & Slaws

- Apple Bacon Slaw
- BLT Pasta Salad
- Chicken & Kale Caesar Pasta Salad
- Chipotle Tortellini
- Mediterranean Orzo
- Mozzarella Tomato Basil
- Thai Peanut Noodles

## Soups

- Udon Noodle and Veggie Soup

## Vegetarian, Vegan & Paleo Friendly

- Broccoli & Quinoa Salad
- Kale & White Bean Salad
- Mediterranean Vegetable
- Multi-Grain Pistachio
- Santa Fe Black Bean & Corn (GF)
- Sweet Potato & Quinoa Salad



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