

# Prepared Meals from our Kitchen



## APM Classics & International Flavors

- American Shepherd's Pie
- Chicken Enchiladas
- Chicken & Chorizo Enchiladas
- Maryland Lump Crabs Cakes
- Shrimp Cocktail

## Italian Favorites

- Aunt Shirley's Meatballs
- Chicken Parmesan
- Chicken Tikka Masala
- Chicken Piccata
- Grilled Chicken Fresco
- Penne ala Vodka
- Wild Mushroom & Truffle Risotto

## BBQ Central

- BBQ Pulled Pork
- BBQ Bacon Meatloaf
- BBQ Shredded Chicken
- Classic Baked Beans
- 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
- Yukon Gold Mashed Potatoes

## Salads & Slaws

- Apple Bacon Slaw
- BLT Pasta Salad
- Chipotle Tortellini Salad
- Multi Grain Pistachio Salad
- Thai Peanut Noodles

## Vegetarian, Vegan & Paleo Friendly

- Broccoli & Quinoa Salad
- Kale & White Bean Salad
- Mediterranean Vegetable
- Sweet Potato & Quinoa Salad

## Dips

- Buffalo Bleu Cheese
- Fiesta Dip
- Spinach Artichoke

## Now found in our deli case

- Santa Fe Black Bean & Corn
- Mediterranean Orzo
- Mozzarella Tomato Basil



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