

PREPARED FAMILY MEALS

Proteins

Portion Size: 4 each

Chicken

Grilled Lemon-Oregano Chicken Breast (5 oz each)	\$16
Jerk Spiced Chicken Breast, Pineapple Salsa (5 oz each)	\$16
Chicken Parmesan, Marinara (6 oz each)	\$22

Turkey

Turkey Meatball, Spinach Florentine Alfredo (12 meatballs)	\$18
Harissa Roasted Turkey Breast, Yogurt Dill Sauce (5 oz each)	\$20
Teriyaki Meatball, Pineapple (16 meatballs)	\$18

Beef

Home-Style BBQ Meatloaf (5 oz each)	\$18
Tuscan Beef Lasagna, Ricotta, Mozzarella, Parmesan	\$22
Italian Meatballs, Marinara (12 meatballs)	\$18

Pork

Pork Milanese, Lemon Sauce (5 oz each)	\$19
Slow Roasted BBQ Pork (2 lbs)	\$20
Jerk Spiced Pork Shoulder, Pineapple Salsa (2 lbs)	\$20

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Seafood

Grilled Salmon with Pico de Gallo or Chimichurri (5 oz each)	\$30
Roasted Tilapia, Lemon, EVOO (5 oz each)	\$22

Vegetarian

Portobello Pizzas, Spinach, Roasted Onions, Mozzarella (4 each)	\$20
Lentil and Rice Stuffed Tomatoes, Feta (4 each)	\$22

Vegan

White Bean Hot Pot, Kale, Sun Dried Tomato, Garlic	\$19
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Sides

Portion Size: Starches - 4 each | 2 lbs, Vegetables - 4 each | 20 oz or 2 lbs

Starches

Mashed Potatoes	\$15
Roasted Red Bliss Potatoes, Garlic-Parmesan	\$18
Macaroni and Three Cheese	\$16
Mashed Sweet Potatoes, Butter, Brown Sugar	\$15
Roasted Sweet Potatoes, Coriander, Ginger, Honey	\$18
Cilantro Rice	\$15

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Vegetables

Green Beans, Shallots, Herbs	\$18
Broccoli, Garlic Butter	\$15
Cauliflower Rice Risotto	\$18
Roasted Cauliflower, Sun Dried Tomato, Onions	\$18
Roasted Squash, Thyme	\$18
Swiss Chard, Oven Roasted Tomato, Mushrooms, Onions	\$18
Elote AYS "Corn on the Cob"	\$16
Roasted Asparagus, Parmesan, EVOO	\$20
Glazed Carrots	\$15

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The Tailgater Shopping List

Let AYS do the heavy prep for you, all you do is cook!

Black Angus Beef Burger (8 oz.)	\$4.00
Jalapeno Cheddar Burger (8 oz.)	\$4.50
Beef and Lamb Feta Burger (8 oz.)	\$5.75
Turkey Burger (6 oz.)	\$4.50
Beyond Burger (6 oz.)	\$4.00
Kids Burgers (5 oz.)	\$3.50
Lemon Oregano Chicken Breast (5 oz.)	\$4.00
Mesquite Chicken Breast (5 oz.)	\$4.00
Jerk Chicken Breast	\$4.50
Mustard Seed Chicken Breast	\$4.50
Skewers (10 oz.)	
with mushrooms, peppers and onions and your choice of:	
Chicken, Beef	\$6.25
Tenderloin Tips	\$12.00
Shrimp	\$13.50
Salmon Fillet	\$9.25
Swordfish Fillet	\$12.75
<i>5 oz. filet</i>	