



# Meal Prep

Home Meal Replacement Meals, ready to reheat and eat.

11/7 & 11/14

## D1 Butternut Squash & Pumpkin Ravioli with Sauté Shrimp

Pumpkin sage cream sauce

## D2 Chicken & Dumplings

Stewed chicken, carrots, onions, potatoes & peas in a creamy chicken broth with biscuit dumplings

## D3 Portuguese Piri Piri Chicken Thighs

Marinated Chicken Thighs, with Boiled Potatoes and Sautéed Zucchini

## D4 Buffalo Chicken Quesadilla

Pulled chicken in buffalo sauce, cheddar cheese in a crisp tortilla with rice & ranch

## D5 Panko Crusted Roasted Cod

Haddock served with Rice Pilaf and Roasted Carrots

## HEALTHY OPTIONS

### H1 Grilled Chicken Thighs

Chicken Thighs with Jasmine Rice and Green Beans

### H2 Greek Salad with Grilled Chicken (mason jar style, layered in a plastic quart container)

Romaine, tomato, red onion, cucumber, feta, chic peas & oregano vinaigrette

## Sides

## Breakfast Egg Bites

<b>S1</b> Roasted Carrots	\$4
<b>S2</b> Jasmine Rice	\$4
<b>S3</b> Boiled Potatoes	\$5
<b>S4</b> Sautéed Spinach	\$5
<b>S5</b> Grilled Chicken 6oz	\$6
<b>S6</b> Green Beans	\$5
<b>S7</b> Sautéed Shrimp	\$6

*Ham, Cheese and Broccoli- 2 for \$5
*Bacon, Cheese and Spinach- 2 for \$5

**Meals are 5 for \$60, 3 for \$40 Please Email [Joe@Deagsdiner.com](mailto:Joe@Deagsdiner.com) or 508-808-3033. Must order at least 3 meals. Orders need to be received by Thursday available Sunday.**