



# 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 Italian Meatballs, Marinara (12 meatballs) **\$22**
- **\$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**

## 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.)	<b>\$4.00</b>
Jalapeno Cheddar Burger (8 oz.)	<b>\$4.50</b>
Beef and Lamb Feta Burger (8 oz.)	<b>\$5.75</b>
Turkey Burger (6 oz.)	<b>\$4.50</b>
Beyond Burger (6 oz.)	<b>\$4.00</b>
Kids Burgers (5 oz.)	<b>\$3.50</b>
Lemon Oregano Chicken Breast (5 oz.)	<b>\$4.00</b>
Mesquite Chicken Breast (5 oz.)	<b>\$4.00</b>
Jerk Chicken Breast	<b>\$4.50</b>
Mustard Seed Chicken Breast	<b>\$4.50</b>

### **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**

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