



## *Ready to Eat* MEAL PREP MENU

*Minimum Order of 5 Meals Per Week*

***All meals include a brioche roll with butter and choice of two sides:  
Roasted Rosemary Potatoes, Roasted Garlic Mashed Potatoes, House Salad,  
Asparagus, Green Beans, Zucchini, Broccoli, and Yams***

GRILLED CHICKEN FILET \$12

ROASTED CHICKEN \$14

*1/4 Roasted Organic Chicken, Dark or Light Meat*

PAN SEARED SALMON \$14

PAN SEARED FILET MIGNON \$28

BRAISED, SHREDDED FLANK BEEF \$14

BISON BEEF PATTY \$14

*Grilled Fresh Bison Beef Patty Seasoned only with EV Olive Oil, Himalayan Pink Salt, & Fresh Ground Pepper*

QUICHE \$12

*Vegetable or Bacon, Onion, & Cheese*

LASAGNA \$12

EXTRAS \$30

*Half Sheet Pan of Lasagna*

*Whole 9" Quiche*

HOUSE SALAD \$5

*Fresh Greens, Sliced Grapes, & Shaved Parmesan*

SOUPS \$6

*Divine Tomato or Fresh Broccoli & Cheddar*

DESSERTS \$4

*Chocolate Chip Cookie or Brownie*



# READY TO EAT MEAL PREP ORDER FORM

***Please email [tworders1@gmail.com](mailto:tworders1@gmail.com) or call (804) 401-8999 to place an order.  
Minimum of 5 meals per week must be ordered. Orders must be in by the  
previous Friday for Monday Pickup/Delivery. You will receive a confirmation via email.***

Customer Name: \_\_\_\_\_ Organization: \_\_\_\_\_

☐ Pickup or ☐ Free Delivery (\$75 order minimum, 15 mile radius)

Delivery Address (if applicable): \_\_\_\_\_

Contact Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date Needed: \_\_\_\_\_ Total Number of Meals: \_\_\_\_\_

Payment Type: \_\_\_\_\_

Order:

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Special Instructions or Allergies:

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