



FROM MARY'S KITCHEN

WITH LOVE

Italian comfort food direct to your table...custom catering and healthy meal prep

Custom Meal Prep Menu 2023

Please note we offer weekly delivery of portions (feeds two) with free delivery for all orders in Nassau County just call or text (516) 554-3221

For catering orders for parties of four or more please call us anytime
Looking for something specific? Custom menu orders welcome (extra charge may apply)

About us

Mary, Jennie and Louise taught us all we know about great Italian cooking, standing on chairs as kids stirring the sauce, not gravy. Mary took the family passion forward for decades with Mary's Kitchen prepared foods. The little girl on the left is so proud to bring the love and comfort of the family recipes to you once again. We are certified for safe food handling, safe food management and fully insured. Certified American Council on Exercise Food Nutrition Specialist, 2022.

Let us share our food love & comfort with you at your family table.

Call (516) 554-3221

Email fmkfamily@icloud.com

Visit our website www.frommaryskitchen.com



Proud member Long Island Food Council since 2021



Turn over for our weekly delivery menu!

Are we celebrating a special occasion?
Let us know we'll decorate packaging and help make it a festive celebration!

Orders are generous in size, will serve two. Questions? Don't hesitate to ask 516 554 3221

Looking for something different? Just ask! Custom Orders accepted; small charge may apply.

ANTIPASTI (FOR TWO)

TOMATO BRUSCHETTA WITH CRUNCHY GARLIC TOASTS	\$18
CAPRESE CLASSIC MOZZARELLA TOMATO BASIL BALSAMIC DRIZZLE	\$18
BURRATA PROSCIUTTO OR ARUGULA FIG CHUTNEY ON CROSTINI	\$22
SICILIAN CAPONATA (EGGPLANT AND VEGETABLES) WITH GARLIC TOASTS ADD BURRATA \$6	\$24
STUFFED MUSHROOMS (MUSHROOM GARLIC BREAD CRUMB PARSLEY) (8)	\$24
COCKTAIL MEATBALLS (BEEF/PORK OR CHICKEN) WITH MARINARA FOR DIPPING	\$24
CHARCUTERIE BOARD 2 CHEESES AND 2 IMPORTED MEATS CRACKERS, GRAPES AND NUTS	\$24
INDIVIDUAL CHARCUTERIE CUPS MINI CHEESE BITES, MEAT SKEWER, CRACKERS, GRAPES, NUTS	\$10 ea.

SALADS (FOR TWO) TOP WITH GRILLED CHICKEN BREAST +\$8, GRILLED SALMON FILET OR SHRIMP (6) +\$12

CAESAR ROMAINE WITH SHAVED PARMESAN AND CROUTONS, CAESAR DRESSING	\$16
CLASSIC TOSSED TOMATO CUCUMBER RADISH RED ONION, BALSAMIC OR VINAIGRETTE	\$16
MIXED GREENS AND SPINACH WITH CANDIED PECANS & CRUMBLED BLEU, BLEU CHEESE DRESSING	\$24
SPINACH SALAD HARD BOILED EGG, BACON, PICKLED RED ONION, MUSHROOM, DIJON OR VINAIGRETTE	\$24

PASTA (FOR TWO) ZITI, PENNE, LINGUINE OR ZUCCHINI FETTUCINE ZOODLES (ADD \$2) WITH

FRESH HOMEMADE MARINARA	\$20
VODKA SAUCE WITH PANCETTA	\$22
MARINARA WITH BEEF AND PORK MEATBALLS (4) FOR EXTRA MEATBALLS ADD \$2 PER MEATBALL	\$30
BOLOGNESE (BEEF AND PORK OR CHICKEN) WITH A TOUCH OF CREAM	\$30
PUTTANESCA (ANCHOVY, KALAMATA OLIVE, CAPER, TOMATO)	\$30
PRIMAVERA (ASSORTED VEGETABLES GARLIC AND OIL)	\$30
BAKED ZITI WITH MARINARA SAUCE RICOTTA MOZZARELLA & ROMANO CHEESES	\$30
BAKED LASAGNA WITH SPINACH, MARINARA SAUCE RICOTTA MOZZARELLA & ROMANO CHEESES	\$36

ENTREES (FOR TWO)

BREADED FRIED CHICKEN CUTLETS (4)	\$30
CHICKEN PARMIGIANA (4) (MARINARA MOZZARELLA & ROMANO CHEESES)	\$32
CHICKEN FRANCESE (4) (LEMON GARLIC BUTTER SAUCE)	\$32
CHICKEN MARSALA (4) (MUSHROOM MARSALA WINE)	\$32
MEATBALLS IN MARINARA (8)	\$30
EGGPLANT ROLLATINI (RICOTTA, MOZZARELLA & ROMANO FILLING WITH MARINARA)	\$28
EGGPLANT "NAPOLEON" LASAGNA STYLE LAYERS	\$36
ROASTED SALMON FILLETS (2)	\$36
SHRIMP PARMIGIANA	\$36
AIR FRIED BREADED FLOUNDER FILLETS (2)	\$36
SHRIMP SCAMPI (BUTTER GARLIC LEMON)	\$36

COMPLETE MEALS (FOR TWO)

EGGPLANT ROLLATINI (8), ½ LB PASTA MARINARA AND SIDE SAUTEED SPINACH	\$40
HALF POUND PENNE OR RIGATONI WITH MARINARA, MEATBALLS (4) AND SIDE SALAD	\$40
HALF POUND PENNE PUTTANESCA WITH SHRIMP (6), SIDE SALAD	\$48
CHICKEN MARSALA, GARLIC MASHED YUKON GOLDS AND ROASTED BROCCOLI	\$48
ROASTED SALMON FILET (2), VEGETABLE AND ORZO STUFFED PEPPERS WITH MARINARA	\$48
AIR FRIED BREADED FLOUNDER (2), MASHED SWEET POTATO AND SIDE SAUTEED MUSHROOMS	\$48
PAN SEARED BRANZINO OR SNAPPER (2 FILETS), ROASTED BABY POTATO AND ASPARAGUS	\$56

Looking for something in particular? No problem! Just let us know.

Celebrating a Birthday or Anniversary? Let us provide a small occasion cake; we're happy to personalize it with a special message! Small occasion cake for two \$20

Flowers to accompany the delivery? We're here to do the legwork for you. Small mixed bouquet wrapped in plastic \$20; dozen roses \$24

Personal message to the recipients – no problem, complimentary! Food is  - let us bring it to someone special for you.