

FTG Boutique Catering Co.

Meal Prep



Chicken \$12 per meal

- Grilled Chicken Parmesan with Brown Rice Spaghetti
- Grilled Chicken Piccata with Zucchini Noodles
- Cajun Chicken Alfredo with Red Lentil Penne
- Creamy Chicken Marsala with Brown Rice Spaghetti
- Arroz con Pollo

Vegetarian/Vegan \$12 per meal

- Pasta Primavera
- Four Cheese Ravioli with Creamy Tomato Sauce
- Roasted Eggplant Parmesan with Brown Rice Spaghetti
- Grilled Cauliflower Piccata with Brown Rice Spaghetti

Pork \$13 per meal

- Italian Sausage & Peppers with Balsamic Red Potatoes
- Seared Pork Chops with Caramelized Onions & Spiced Apples with Brown Rice & Quinoa
- Mojo Roasted Pork Tenderloin with Chili Honey Lime Brussel Sprouts
- Herb Roasted Pork Tenderloin with Bourbon Honey Mustard & Green Bean/Mushroom Medley

Beef \$15 per meal

- Philly Cheesesteak Stuffed Peppers with Brown Rice & Quinoa
- Teriyaki Beef & Broccoli with Brown Rice & Quinoa
- Steak Fajitas with Smokey Black Beans
- Grilled Sirloin Steak with Au Jus & Roasted Red Potatoes

Seafood \$15 per meal

- Grilled Mahi Mahi with Green Bean/Mushroom Medley & Creamy Remoulade Sauce
- Blackened Tilapia with Wild Rice & Squash Medley
- Garlic & Herb Shrimp Skewers with Brown Rice & Quinoa

Minimum order of 5 meals

Pick-Up Available

Monday & Wednesday Delivery +\$15

Please make note of any allergies or restrictions when ordering

(561) 460-7606

ftggainesville@gmail.com