



# MEAL PREP MENU

## HOW TO PLACE YOUR ORDER

Orders must be placed with at least 7 days' notice. Pickup days are always on Monday. Food will be refrigerated and can be picked up at a designated time of your choosing, between 11 am and 9 pm, on that scheduled Monday.

You must have a minimum of 4 of the same protein/sides combinations but meals can otherwise be mixed within total count.

Must place a minimum of 8 meal orders for the week.

Orders must be placed in person, by calling 407-977-2116, or by emailing us at [juandelgado@cafepanuzzos.com](mailto:juandelgado@cafepanuzzos.com). Orders must be placed with Kalina.

## CHOOSE ONE PROTEIN (6 OZ.)

- Grilled Chicken (traditional, fajita or lemon)
- Sauteed Chicken
- Ropa Vieja (shredded beef in tomato sauce)
- Pineapple Roasted Pork
- Mexican Style Shredded Chicken
- Mexican Style Shredded Beef
- Grilled New York Strip Steak + \$4.00 each meal
- Shrimp (sauteed or grilled) + \$2.00 each meal
- Grilled Atlantic Salmon (8 oz.) + \$4.00 each meal
- \*\* Double meat \*\* + \$4.00 each meal

## CHOOSE TWO SIDES

- Rice (brown, white, or yellow) - 1 cup
- Quinoa - 1 cup
- Steamed Italian Mixed Vegetables (squash, zucchini and carrots) - 1 cup
- Steamed Mixed Vegetables (broccoli, carrots and cauliflower) - 1 cup
- Beans (pinto or black) - 1/2 cup
- Pasta (spaghetti, penne or whole wheat) (tomato sauce, alfredo sauce or garlic and oil) - 5 oz.

## PRICING

Minimum of 8 meals - \$8.50 per meal

9-16 meals - \$8.00 per meal

17-24 meals - \$7.50 per meal

