

# ALL VEGAN (Non-GMO, dairy-free, animal free) MEAL PREP MENU PRICES

### Meal Plan Packages

IEach Meal includes your choice of one meatless entrée & two sides]		
*Single Meal [Based off of Weekly Special Only]	\$15	
*10 Meals [up to 2 meal combinations only 5/5]	\$120	
*20 Meals [up to 4 meal combinations only 5/5/5/5]	. \$200	
*20+ Meals\$200 + \$8 per meal after 20	-	
[Meal combination change every 5 meals]		

1.Meatless Entrees	
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[Flavors: Seasoned (plain), lemon pepper, buffalo, BBQ, sweet & sour]

- -Chicken Strips
- -Wings (Made of portabella mushrooms)
- -Fried Cauliflower
- -Baked Lemon Chick'n Breast
- -Crab Cakes
- -Bussin' Burgers

### \*Pasta(s): No Sides Included\*

- -Spaghetti
- -Pasta Pep
- -Fettucine Alfredo

## 2. vegetables & Sides

- -Mac & Cheese(plain, half, or whole w/ veggies)
- -Homemade Mashed Potatoes

(w/ or w/o veggie gravy) : Red potatoes/sweet potatoes

- -Roasted Red Potatoes
- -Baked Beans
- -Candied Yams
- -Green Beans
- -Mixed Sautéed Vegetables
- -Salad Mix: Green leaf lettuce, spinach, kale, tomatoes, onions, cucumbers, & carrots
- -Mixed Fruit Salad: Mixed Berries, bananas, oranges, grapes, mango, etc.

#### \*Desserts: (\$2 more to be added as a side)

- \*Cookies (Choc., Choc. chip, Choc. chip oreos, Sugar cookies) .......(6) \$15......(12) \$20
- \*Cinnamon Rolls......8pk \$20
- \*Cinnamon Walnut Pastry Cakes......Half \$20 Dozen \$30

Delivery Fee NOT Included (\$25 fee up to 25-mile radius)



# ALL VEGAN (Non-GMO, dairy-free, animal free) PARTY PACK MENU PRICES

## Harmless Meat Entrée(s)

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[Flavors: Seasoned (plain), lemon pepper, buffalo, BBQ, sweet & sour]		
*Fried Chicken StripsHalf \$50	Full <b>\$70</b>	
*Wings (made of portabella mushrooms)Half \$40	Full <b>\$60</b>	
*Fried CauliflowerHalf \$40	Full <b>\$60</b>	
*Creamy Baked Lemon Chick'n BreastHalf \$45	Full <b>\$65</b>	
*Crab CakesHalf \$45	Full <b>\$65</b>	
*Bussin' BurgersHalf \$40	Full <b>\$60</b>	
vegetables & Sides		
*Mac & Cheese(w/ or w/o veggies)Half \$35	Full <b>\$55</b>	
*Homemade MashedHalf \$35	Full <b>\$55</b>	
(with or without veggie gravy) – Red potatoes/sweet potatoes		
*Roasted Red PotatoesHalf \$35	Full <b>\$55</b>	
*Baked BeansHalf \$35	Full <b>\$55</b>	
*Candied YamsHalf \$35	Full <b>\$55</b>	
*Green BeansHalf \$35	Full <b>\$50</b>	
*Mixed Sautéed VegetablesHalf \$35	Full <b>\$50</b>	
*Green Salad Mix or Mixed Fruit SaladHalf \$35	Full <b>\$50</b>	
Pasta(s)		
*SpaghettiHalf \$40	Full <b>\$60</b>	
*Pasta PepHalf \$40	Full <b>\$60</b>	
*Fettucine AlfredoHalf \$40	Full <b>\$60</b>	
(mixed veggies & mushrooms optional)		
*LasagnaHalf \$45	Full <b>\$65</b>	
Desserts		
*CookiesHalf \$15	Dozen <b>\$20</b>	
(Choc., Choc. chip, Choc. chip oreos, Sugar cookies)		
*Cinnamon Rolls		
*Cinnamon Walnut Pastrv Pattv CakesHalf \$20 Dozen \$30		