



Website: www.RedVelvet-CateringEvents.com ~ **Phone:** (770) 855-9672 ~ **Email:** RedVelvetCatering@gmail.com

MEAL PREP MENU

Eating healthy is a lifestyle that needs to be maintained, easy and affordable for it to be effective. But cooking it and making it delicious on a consistent basis can be a bit challenging. This is where we come in!

Our meals are cooked to accommodate your nutritional desires and needs to ensure that you maintain a healthy lifestyle. We realize that for some, it's just a matter of having meals pre-prepared for those who either don't cook or simply just don't want to.

Our weekly menus are always rotating and expanding so you'll experience a variety of foods and avoid getting bored. All meals are prepared with fresh ingredients. All dietary and religious restrictions can be adhered to.

PRICING

- ~MP1 - 10 meals per week, 2 per day for 5 days a week. 1 entrée, 1 side), \$15 for each additional meal
- ~MP2 - 10 meals per week, 2 per day for 5 days a week. 1 entrée, 2 sides), \$17 for each additional meal
- ~MP3 - 10 meals per week), 2 per day for 5 days a week. 2 entrées, 2 sides), \$19 for each additional meal
- ~Upcharges for each premium seafood entrée and each premium beef entrée OR \$6 for each tofu entrée
- ~Premium entrées are indicated with (*)

THE WAY IT WORKS

- ~Out of the 10 meals, the breakdown should be as follows: 2 of 1 type of meal + 2 of 1 type of meal + 2 of 1 type of meal + 2 of 1 type of meal + 2 of 1 type of meal = 10 meals.
- ~After the initial consultation, a proposed menu will be emailed to you based on your desired selections and/or dietary requirements.
- ~Once you confirm the customized meal selections that you receive, make payment using any of our payment methods.
- ~You can pick up the meals to waive the delivery fee (based on round-trip mileage), we can meet you at a designated location for pick up to waived 50% of the delivery fee or meals can be delivered at a designated location, which will include a delivery fee based on round-trip mileage.
- ~Please keep in mind that the items listed below are simply suggestions.

MEAL PREP MENU SUGGESTIONS

POULTRY

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|----------------------------|---|------------------------------|
| ~Mesquite Grilled Chicken | ~Teriyaki Chicken | ~Honey Sesame Chicken |
| ~Baked Chicken Legs | ~Fajita Chicken | ~Baked Chicken Whole Wings |
| ~Pesto Chicken Kabobs | ~Salsa Ground Chicken Patty | ~BBQ Chicken Breast OR Thigh |
| ~Salsa Ground Turkey Patty | ~Italian Turkey OR Chicken Meatballs | ~Chicken Curry |
| ~Jerk Chicken Legs | ~Garlic Butter Chicken | ~Chicken Scampi |
| ~Shredded Chicken | ~Chicken Stir Fry | ~Turkey Meatloaf |



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BEEF

- | | | |
|--------------------------|--------------------------|--------------------------------|
| ~Italian Beef Meatballs | ~Meatballs w/Brown Gravy | ~Salsa Ground Beef Patty |
| ~Pot Roast w/Veggies (*) | ~Beef Stir Fry (*) | ~Stuffed Peppers |
| ~Shredded BBQ Beef (*) | ~Fajita Beef Skillet (*) | ~Beef & Broccoli |
| ~Mongolian Beef (*) | ~Swedish Meatballs | ~Smoked Beef Sausage & Peppers |
| ~Hawaiian Ground Beef | ~Teriyaki Beef (*) | ~Vegan Meatloaf |

PORK

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|--------------------------------|-----------------------------|----------------------|
| ~Herb Boneless Pork Chop | ~Carnitas (Shredded Pork) | ~Garlic Butter Pork |
| ~Ranch Boneless Pork Chop | ~Spicy Ground Pork Stir Fry | ~Pesto Pork Kabobs |
| ~Sweet & Sour Pork | ~Pork Stir Fry | ~Mushroom Pork Chops |
| ~Smoked Pork Sausage & Peppers | | |

SEAFOOD (*add \$3 per meal)

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|-----------------------|-----------------------------|-----------------------------|
| ~Tilapia Scampi | ~Salmon Scampi* | ~Shrimp Scampi |
| ~Cilantro Lime Shrimp | ~Honey Garlic Salmon (*) | ~Baked Salmon (*) |
| ~Baked Cod (*) | ~Garlic Butter Salmon (*) | ~Shrimp & Sausage Jambalaya |
| ~Salmon Patty* | ~Teriyaki Salmon Kabobs (*) | ~Shrimp Stir Fry |

PASTA

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|---------------------------|------------------------------|----------------------------|
| ~Baked Beef Spaghetti | ~Chicken Alfredo | ~Fettuccini Alfredo |
| ~Chicken Lasagna Roll Ups | ~Vegetable Lasagna Rolls Ups | ~Beef Lasagna Roll Ups |
| ~Penne w/Marinara | ~Pesto Chicken & Asparagus | ~Mushrooms & Spinach Pasta |
| ~Pasta Primavera | ~Bruschetta Chicken | ~Shrimp & Spinach Pasta |
| ~Tomato Basil Pasta | ~Mediterranean Pasta | ~Shrimp Scampi w/Linguini |



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VEGETARIAN/VEGAN

- | | | |
|-------------------------|---------------------|-------------------------|
| ~Black Bean Burger | ~Lentil Burger | ~Tofu & Veggie Stir Fry |
| ~Zucchini Meatballs | ~Vegetable Stir Fry | ~Sesame Tofu w/Broccoli |
| ~Quinoa Stuffed Peppers | ~Veggie Fritters | ~Chickpea Meatballs |

BURRITO BOWLS (includes white or brown rice, black beans & diced tomato)

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|-------------------------|-----------------|---------------------|
| ~Chipotle Chicken | ~Peanut Chicken | ~Chicken Quinoa |
| ~Grilled Chicken | ~Jerk Chicken | ~Chicken Fajita |
| ~Ground Beef & Broccoli | ~Korean Beef | ~Cilantro Lime Beef |
| ~Spicy Shredded Pork | ~Pork Fajita | ~Beef Taco |
| ~Egg Roll | ~Sweet Potato | ~Quinoa & Chickpea |

WRAPS

- | | | |
|----------------------------|--------------------|-------------------------------|
| ~Chicken Caesar | ~Asian Sesame | ~Vegan Cream Cheese & Veggies |
| ~Cobb Salad | ~Vegan Tofu Caesar | ~Buffalo Chicken |
| ~Roasted Red Pepper Hummus | ~Grilled Veggies | ~Roasted Turkey |

SIDES

- | | | |
|----------------------------|---------------------------|-----------------------------|
| ~Sautéed Spinach | ~Fried Cabbage | ~Green Beans |
| ~Cauliflower Mash | ~Mashed Potatoes | ~Garlic Mashed Potatoes |
| ~White Rice | ~Brown Rice | ~Cauliflower Rice |
| ~Broccoli Rice | ~Black or Pinto Beans | ~Green Peas |
| ~Spaghetti Squash | ~Veggie Fried Rice | ~Cauliflower Fried Rice |
| ~Steamed Broccoli | ~Steamed Cauliflower | ~Roasted Asparagus |
| ~Roasted Red Potatoes | ~Roasted Sweet Potatoes | ~Sweet Potato Mash |
| ~Roasted Brussel Sprouts | ~Pan Seared Corn | ~Sautéed Squash Medley |
| ~Creamed Spinach | ~Potato Salad | ~Yellow Rice Pilaf |
| ~Roasted Parmesan Broccoli | ~Pesto Zoodles (Zucchini) | ~Spinach & Mushroom Risotto |



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SALADS

***For entrée salads, add 1 poultry option at no additional charge.**

***For entrée salads, add 1 beef, pork, seafood OR tofu option for \$3 per salad.**

~Garden Salad	~Caesar Salad	~Spinach Salad
~Kale Salad	~Mediterranean Chickpea Salad	~Italian Pasta Salad
~Caprese Quinoa Salad	~Greek Quinoa Salad	~Southwest Quinoa Salad
~Chicken Salad	~Tuna Salad	~Thai Chopped Salad
~Egg Salad	~Broccoli Salad	~Superfood Salad
~Mixed Greens Salad	~Cucumber Salad	

***Dressings:** Ranch, Italian, Caesar, Balsamic Vinaigrette, Red Wine Vinaigrette, Green Goddess, Thousand Island, Honey Mustard, French, Raspberry, Greek, Asian Sesame, Blue Cheese & Poppy Seed. Lite dressings will be provided upon request.

SOUPS & CHILIS ~ \$10.00 per bowl (16 oz. = two 8 oz. servings)

~Cabbage Soup	~Tomato Basil Soup	~Egg Drop Soup
~Black Bean Soup	~Lentil Soup	~Vegan Chili
~Chicken Noodle Soup	~Broccoli Cheese Soup	~Loaded Baked Potato Soup
~Tomato Beef Chili	~White Chicken Chili	~Taco Soup
~Chicken Tortilla Soup	~Vegetable Beef	~Beef Stew
~Chicken & Andouille Sausage Gumbo	~Beef Lasagna Soup	~Vegetarian Chili

Prices do not include taxes and fees

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