

Island Chef Catering

Meal Prep:

A la Carte

“Add-on options”

For customers in the weekly meal plan.

Proteins

Grilled Chicken Breast – 16oz/3 Servings -----	\$12.99
Asian Chicken Meatballs – 16oz/3 Servings -----	\$12.99
Asian Marinated Chicken Thighs – 16oz/4 Servings -----	\$12.99
Turkey Meatballs – 16oz/3 Servings -----	\$ 12.99
Turkey Meatloaf – 16oz/3 Servings -----	\$12.99
Marinated Flank Steak – 16oz 3 Servings -----	\$25.99
Marinated Skirt Steak – 16oz/3 Servings -----	\$25.99
Grilled Salmon -16oz/3 Servings-----	\$25.99

Sides

Brown Rice – 16oz/4 Servings -----	\$7.99
Jasmine Rice – 16oz/4 Servings -----	\$7.99
Yellow Rice and Green Peas – 16oz/4 Servings -----	\$7.99
Roasted Yukon Gold Potatoes – 16oz/4 Servings -----	\$7.99
Roasted Sweet Potatoes – 16oz/4 Servings -----	\$7.99
Vegetable Quinoa – 16oz/4 Servings -----	\$7.99
Whole Wheat Israeli Couscous (Brunoise Vegetables and Green Peas) – 16oz/4 Servings-----	\$7.99
Steam Broccoli – 16oz/4 Servings -----	\$7.99
Sautéed String Beans (Olive Oil and Garlic) – 16oz/4 Servings -----	\$7.99
Steamed Asparagus – 16oz/4 Servings -----	\$7.99
Roasted Cauliflower – 16oz/4 Servings -----	\$7.99

