

Fresh Menu June 21-24

Prepared Foods by BeesKnees and Woodstock Shared Kitchen Online order:

www.PreparedFoodsbyBK.com, 770-591-4000 Email us: preparedfoodsbybeesknees@gmail.com

Curbside/Car Window Pick Ups. Delivery in our local area is easy.

We are back and Cooking for YOU!

Homestyle Entrees

BBQ Chicken Breast and Cheesy Potato Casserole \$8.50/\$14.50

Glazed chicken breast is sliced and served with our bbq sauce and a side of our cheesy hashbrown potato bake. This is a great summer treat!

Italian Style Beef Patties with Pasta \$8.00/\$14.00

mozzarella cheese, seared peppers and onions and served with thin spaghetti.

We can hold the peppers/onions if you want, just ask.

Don't want pasta? Ask for steamed vegetables instead!

Lemon Herb Salmon \$9.50/\$17.50

Filet of roasted salmon is lightly seasoned with lemon-rosemary-basil-garlic marinade and garlic cream sauce. Side: Steamed seasonal vegetables. **(Gluten Free)**

Sides: \$3.50 1 serving, \$5 for 2 servings)

Steamed Green Beans, Glazed Carrots,

Macaroni and Cheese (1 lb. (2 servings) \$5.00, 2 lb large (4-6 servings) \$9.00)

Bake Shop: 4 pack/\$5.00

Blueberry Streusel Muffins, Angel Biscuits,
Garlic-Cheddar Rolls,

Whole Wheat Bread Knots *(3 WW points each)*

Loaf of Fresh Milled Whole Wheat Braided Bread: \$5.00

Breakfast/Brunch (order for a crowd!)

Spinach & Four Cheese Quiche \$7.50 6 inch/\$17.50 10 inch

Freshly baked in a buttery crust, chopped spinach, sweet onions, provolone, mozzarella and Feta cheeses, eggs, seasonings and milk.

Dips & Spreads: ½ lb. \$5.00, 1 lb. \$9.50

Cranberry Walnut Chicken Salad

Zesty Pimento Cheese

Cheddar Vidalia Onion Spread

*Low Carb **Greek** Chicken Salad*

Sylvie Beez Bake Shop:

\$5.00 piece \$12.00 pan (serves 4-6)

*Buckeye Brownie (Chocolate-Peanut Butter), Million Dollar Bar,
Goopy Pecan Pie Bar, Raspberry-White Chocolate Crumb Bar*

Biggie Cookies: \$2.50 each *Chocolate Chip, Peanut Butter Butterfinger,
White Chocolate -Snickerdoodle, Oatmeal Raisin, Double Trouble Chocolate Chunk*

Healthy Start” this week

Order a second meal of same item for \$1.00 discount EACH item
(Includes cookies.... egg cups and chicken salad not included)

“WW “Mini Chocolate Chip Cookies *8 cookies/\$4 1pt each*
(buy 2 packs for \$1 discount each, freeze one and enjoy one!)

“Keto” Lemon Shortbread Cookies *(made with Almond Flour) 4/package \$4.00*

Breakfast Egg Cups \$3 each *(Each has 183 cal)*
Southwest Turkey Sausage/Cheese/Pepper-Onion; Bacon/Onion/Swiss; Spinach-Feta

Honey-Dijon Chicken \$8.50

Boneless, skinless chicken breast topped with olive oil, garlic, and honey-dijon sauce,
served with roasted veggies and sweet potato.

(247 cal; 15.5g protein, 21.5g carbs, 9.4g fat, 77g sodium) **7 WW points Gluten Free**

Greek Stuffed Zucchini Boats \$8.50

Ground beef sauteed with olive oil and Italian seasonings, spinach, roasted red bell pepper and Feta
cheese are baked in a half zucchini “Boat”. Served on spaghetti squash.

Low fat Marinara sauce tops this specialty dish with a dusting of Mozzarella and Parmesan cheeses.

(298 cal, 32g protein, 10g carbs, 12 g fat, 2g fiber, 848 g sodium) **7 WW points Gluten free.**

Salmon Cakes with Summer Slaw -. \$10.00

Delicious fresh Atlantic salmon is baked into these low carb salmon cakes. Made with almond flour
they are a tender and savory treat. 2 cakes per serving. **Summer slaw** is made with Greek yogurt,
cabbage mix, lemon juice and cider vinegar. **Gluten Free**

(Salmon cakes: 420 cal, 26 g protein, 6.3 g. Carbs, 33 g Fat, .3 g sugar, 194 mg sodium.) **11 WW points**

By Customer Request: “Greek” Greek Yogurt Chicken Salad (low carb)
\$5/half pound

Chopped fresh chicken breast is blended into a lemon-oregano-yogurt dressing with celery,
green and red onion, sundried tomatoes and topped with Feta cheese. **Gluten Free**

(182 cal/serving, 15 g protein, 9 g. Carbs, 10 g fat, 6 g. sugar) 2/3 c. = serving **5 WW points**