

# Fresh Menu for October 25-28, 2021

## Prepared Foods by BeesKnees and Woodstock Shared Kitchen Online

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### Homestyle Entrees and Sides

**Chicken and Dressing Bake \$8.50/\$14.50** for 2 servings

Hand pulled chicken is stirred into a delicious creamy homestyle seasoned sauce and topped with freshly baked cornbread dressing.

**Pork Chops and Sweet Potato Casserole \$9.00/\$16.00** for 2 servings

Freshly cut pork loin chop (boneless) is seared then baked for delicious tender bite. Served with Sweet Potato Casserole and Pork Gravy on the side. (Gluten Free without gravy)

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### Throwback Thursday: Pick up on Thursday, Oct 28

**Turkey Tetrazzini \$16.00** for 2 servings

It's turkey time!! Fresh roasted turkey breast in a creamy sherry sauce, mushrooms, celery/onion and parmesan cheese baked with noodles. Topped with a buttery crumb topping.

**Chicken Cordon Bleu Bake \$15.00** for 2 servings

Creamy chicken and ham in a Swiss cheese sauce with rice. Baked to perfection with a buttery crumb topping. Staff favorite!

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### Side Dishes \$3.50/\$5 (1 serving/2 servings)

**Cornbread Dressing, Sweet Potato Casserole**

**Steamed Green Beans, Glazed Carrots**

**Always good with everything!**

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

### Soups: \$5.00/pint \$9.50/quart

**Creamy Tomato Bisque**

**Homestyle Chicken Noodle**

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

### ***Cranberry Walnut Chicken Salad***

*Zesty Pimento Cheese*

*Cheddar Vidalia Pecan Spread*

## **“Healthy Start”**

(Eating together? Order a second meal of **same** item for \$1.00 discount each)

### ***Tuscan Chicken with Artichokes and Sundried Tomato \$9.50***

A healthy twist on the traditional rich and creamy tuscan chicken made with chicken breasts, fresh spinach, sun-dried tomatoes, artichoke hearts, shallots, garlic, coconut milk (for creaminess), and seasonings. Served with baby potatoes  
(463 cal/breast, Carbs: 47 g. Protein: 50 g. Fat: 13 g. Fiber: 6 g. Sugar: 6 g.) **10 WW points** *Gluten Free*

### ***Turkey-Quinoa Meatloaf \$9.00***

#### ***Served with Skinny Buttermilk Mashed Potatoes***

Ground turkey is hand mixed with onion, eggwhite, sun dried tomatoes, spinach, quinoa, fresh basil, garlic, parmesan cheese, and delicious spices. It is served as an individual meatloaf with a tomato glaze and “Skinny Mashed Potatoes” . Meatloaf: (313 cal; 22g carbs; 43g pro; 7g fat; 645 sodium; 3g fiber) 7 WW points  
*Gluten Free* Mashed Potatoes: (150 cal; 31g carbs; 5g pro; 1.5g fat; 63g sodium; 2.5g fiber) 5 WW points,

### ***Lemon Herb Salmon \$10.50***

Fresh ingredients equals tons of flavor. This salmon dinner is made with 5.3 oz. salmon, lemon juice and zest, garlic, rosemary, parsley, olive oil, and seasonings. Served over roasted veggies.  
(369 calories/filet, Carbs: 5g, Protein: 45g, Fat: 30.5g, Fiber: 1g, Sugar: 1g) **8 WW points** *Gluten Free*

## ***Breakfast Favorites***

### ***Spinach and Four Cheese Quiche***

Or ***“Quiche Lorraine” Bacon, Swiss, Caramelized Onion***  
***10” \$17.50, 6” \$7.50***

### ***DESSERT BARS/CAKE: \$5.00 piece..\$12.00 pan***

***Lemon Curd Crumb Bar, Fudge Brownie,  
Coca Cola Cake, White Chocolate Salted Caramel Blondie  
Pumpkin Cake with Cream Cheese Frosting***

### ***BREADS/MUFFINS: \$5.00/4 pack***

*Angel Biscuits, Cheddar-Garlic Rolls*

***Seasonal Special: Pumpkin Maple Scones  
Pecan Swirl Sour Cream Coffee Cake***