

April 19-23, 2021

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.

<u>Family Meal For 4:</u> Shepherd's Pie Homestyle Biscuits Maureen's Homemade Banana Pudding	\$40.00
<u>Shepherd's Pie</u> Delicious gravy base filled with ground beef, peas and carrots. Topped with fresh mashed potatoes. Always sells out, so order early!	\$8.50 1 serving \$14.50 2 serving
<u>Beef and 4 Cheese Lasagna</u> A specialty item for us...Fresh pasta layered with seasoned ricotta cheese, ground beef and our own Marinara sauce. Topped with cheese.	\$8.50 1 serving \$14.50 2 serving
<u>Alfredo Chicken Pasta Bake</u> Roasted chicken breast is served with tender penne pasta and a freshly prepared creamy alfredo sauce (garlicky and creamy) and topped with Parmesan cheese.	\$8.50 1 serving \$14.50 2 serving
<u>Meatless Main: Pierogies</u> Tender dough filled with mashed potatoes and cheese, steamed and then browned in butter. Topped with caramelized onions. Homestyle and vegetarian.	\$8.50 1 serving \$14.50 2 serving
<u>"Healthy Start" Baked Garlic Lemon Flounder</u> Classic butter sauce, lemon, and parsley goes great on any fish, and this flounder is simple and delicious! 4-5 oz. Flounder filets baked with garlic, butter, lemon juice, parsley, and seasonings and served over steamed vegetables (varies) 199 cals for 1 filet, Carbs: 1 g Protein: 33 g Fat: 7 g Fiber: 0.1 g Sugar: 0 g 3 WW points Gluten Free	\$9.50 1 serving
<u>"Healthy Start" Glazed Salmon</u> 5 oz. filet of fresh salmon, roasted with a brown sugar and lime glaze and Seasonal blend of steamed vegetables on the side (bell peppers, onions, squashes, broccoli, or cauliflower) 10 WW points Gluten Free ; Cals 419 cal Carbohydrates 15g, Protein 47g, Fat 17g, Saturated Fat 2g, Cholesterol 125mg, Sodium 1496 mg, Potassium 1169mg, Fiber 1g, Sugar 14g, Calcium 46mg	\$9.50 1 serving
<u>"Healthy Start" Turkey Stuffed Bell Peppers</u> Ground turkey, black beans, rice, corn, tomatoes, peppers, onions, garlic, and our own Enchilada sauce are stuffed into bell pepper halves with a topping of cheddar cheese blend. Served on seasoned yellow rice. 323 cals/svg, 10g fat (0 saturated fat), 45mg cholesterol, 771mg sodium, 20g carbohydrate (6g sugars, 4g fiber), 40g protein. 6 WW points Gluten Free	\$8.50 1 serving
<u>"Healthy Start" Chicken and Veggie Enchiladas</u> Shredded tender breast of chicken and vegetables (corn, black beans, cilantro, onion) fill a whole wheat tortilla. Topped with a special tomato and adobo sauce, Greek yogurt and sprinkled lightly with cheese. Cals: 346/serving 8 g. fat, 4 g. sugar, 290 g. sodium, 10 g. protein 8 WW points	\$9.50 1 serving
<u>"Healthy Start" Beef Taco Bowl</u> - Lean taco seasoned ground beef with Romaine lettuce, grape tomatoes, cheddar cheese black beans, corn, green onions, with Maureen's salsa and greek yogurt dressing. Comes with an individual guacamole cup on the side. (332 cals, protein 20.5g; carbs 9g; fat 25g; fiber 4g) 8 WW points Gluten Free	\$9.50 1 serving

<i>Breakfast/Brunch:</i>		
<u>NEW:</u> <i>"Just for Me" Egg Cups: 190 calories (Gluten Free)</i> <u>4 Choices:</u> Turkey Sausage-Cheddar Spinach-Feta Bacon-Onion-Swiss Roasted Red Bell Pepper w/Goat Cheese		\$3.00 each (individual)
<u>Spinach and Four Cheese Quiche</u> Freshly baked in a buttery crust, Spinach, Feta, Ricotta, Mozzarella, Provolone, Eggs, & Love! <i>(by special order/fresh only/not frozen)</i>		10" pie \$17.50 6" pie \$7.50
<i><u>Fresh Sides, Breads, Muffins</u></i>		
<u>Sides:</u> Mashed Potatoes Steamed Seasonal Veggies Steamed Green Beans Glazed Carrots Lima Beans Seasoned yellow rice		\$3.50 1 servings \$5.00 2 servings
<u>Dips/Spreads</u> <u>(All Gluten free)</u> Cranberry Walnut Chicken Salad Cheddar Vidalia Pecan Spread Zesty Pimento Cheese.... Classic taste with a bit of spice		½ lb: \$5.00 1 lb: \$9.50
<u>Fresh Milled Wheat Bread</u> <i>From Sue Becker's cookbook.</i> <i>(Look for <u>Bread Beckers</u> in Woodstock,</i> <i>a fabulous shop for grains, gadgets and more)</i>		<i>\$5.00/loaf</i>
<u>Savory Breads- 4 pack:</u> Angel Biscuits Garlic Cheddar Rolls		\$5.00/4 pack
<u>Muffins - 4 pack:</u> Blueberry Muffins with Streusel Topping		\$5.00/4 pack
<u>Desserts:</u> Million Dollar Bar Lemon Curd Crumb Bar Peanut Butter "Buckeye" Bar		Piece \$5.00 (3" x 4" cut)
<u>Specialties:</u> Coca Cola Cake Maureen's Homemade Banana Pudding		\$5.00 piece/cup \$12.00 pan (4-6 svg)
<u>"Biggie" Cookies:</u> Chocolate Chip Sugar and Spice Peanut Butter Butterfinger Oatmeal Walnut Raisin Chewy Double Trouble Chocolate Chip		\$2.50 each

You can pre order and pick up your items, or have it delivered.

