***Captains and Crews Boat Service***

***Catered Meal Prep***

[www.LakePowellGroceries.com](http://lakepowellgroceries.com/)

[**928-660-0752**](tel:1-928-660-0752)

**Upon completing the form, please email to**

[**lakepowellgroceries@gmail.com**](mailto:lakepowellgroceries@gmail.com)

|  |  |
| --- | --- |
| Customer Info and Meal Prepped Items Request Form | |
| Name, number, email: |  |

Meal Prep Y/N:

Guest Count Adults\_\_\_ Children\_\_\_

Please check your desired items below:

Breakfast (Ready to bake in oven, or heat and serve) **Price per guest:**

* Biscuit casserole (Protein choice, eggs, cheese, biscuits) $12 A $8 C
* Tator tot casserole (Protein choice, eggs, cheese, tator tots) $12 A $8 C
* French toast bake $12 A $8 C
* Southwest quiche (steak, peppers, eggs, hashbrowns, cheese) $14 A $9 C
* Frittata (Protein choice, eggs, cheese, veggie option) $12 A $8 C
* Breakfast burros (Protein option, eggs, potatoes, cheese) $12 A $8 C
* Pancake variety (Buttermilk, blueberry, chocolate chip and banana) $10 A $8 C

Lunch or dinner sides (Ready to eat)

* Country style potato salad or Cajun potato salad $8 A $6 C
* Pasta salad $8 A $6 C
* Macaroni salad $6 A $5 C
* Broccoli salad $8 A $6 C
* Fiesta corn salad $8 A $6 C
* Cole slaw $6 A $5 C
* Waldorf Salad $9 A $7 C

Lunch or dinner sides (Bake and serve)

* Loaded mashed $10 A $8 C
* Scalloped potatoes $10 A $8 C
* Macaroni and cheese $10 A $8 C
* Southern style baked beans $9 A $6 C
* Cheesy wild rice $9 A $7 C
* Creamy Cajun Farfalle $9 A $7 C
* Garlic mashed $7 A $5 C

Dinner C.O.P (Ready to bake, heat and serve)

* Green chili chicken enchiladas or red chili beef enchiladas $12 A 10 C
* Meat lasagna or veggie lasagna $12 A 10 C
* Pulled pork or Pulled chicken $15 A 12 C
* Pot roast $15 A 12 C
* Jambalaya $15 A 12 C
* Brisket $18 A 12 C
* Pork Ribs $16 A 12 C