

Prept Meals

Corporate Catering Menu



Hot, Fresh, and Delivered to Your Meeting or Event!

Our signature entrées and sides, scaled for corporate lunches, meetings, or weekly perks. Entrées are **strictly À La Carte** (proteins only-no sides included). Side can be added to fit your menu preference. Build your own plates for flexibility. All pans are hot-ready (chafing-compatible) and delivered in foil catering pans.

Minimum order: \$250

Order Notice: 48 hour advanced notice required

Customize for diets: halal, keto, vegan.

Weekly subscriptions: 10% off

Order:  info@preptmeals.com

Entrée Pans (Protein/Dish Only)

Just the main event - add sides below for complete meals.

Per-serving: ~\$8-\$11. **Half Pan:** 15 servings; **Full Pan:** 25 servings

Item	Half Pan (Price)	Full Pan (Price)
Scrambled Southern Style Eggs	\$130	\$230
Breakfast Potatoes with Chicken Chorizo	\$130	\$230
Mongolian Beef	\$150	\$260
Chicken Al Pastor	\$140	\$250
Chipotle Lime Chicken	\$140	\$250
Chimichurri Steak	\$150	\$260
Teriyaki Chicken	\$120	\$210
Fiery Honey Glazed Salmon	\$160	\$280
Sesame Teriyaki Salmon	\$140	\$250
Mango Salsa Salmon	\$160	\$280
Luigi's Chicken Linguine	\$120	\$210
Luigi's Shrimp Linguine	\$130	\$230
Chicken Fajitas	\$130	\$230
Jalapeno Chicken	\$140	\$250
Chicken Alfredo Pasta	\$140	\$250
Arrachera al Molcajete	\$150	\$260
Surf & Turf	\$160	\$280



CHICKEN AL PASTOR



MANGO SALSA SALMON



SURF & TURF

Wraps/Burritos 10ct Tray

Item	Half Pan (Price)	Full Pan (Price)
Breakfast Burrito	\$90	\$170
Buffalo Ranch Chicken Wrap	\$90	\$170
Arrachera Burrito	\$100	\$190



Side Pans (Add to Any Entrée)

Hot or fresh complements for balanced plates.

Per-serving: ~\$2.25-\$3.50. **Half Pan:** 20 servings; **Full Pan:** 40 servings

Item	Half Pan (Price)	Full Pan (Price)
Sautéed Bell Peppers and Onions	\$65	\$120
Mac N'Cheese	\$70	\$130
Brown Rice	\$50	\$95
White Rice	\$45	\$85
Cilantro Lime Rice	\$60	\$115
Garlic Parm Potatoes	\$70	\$130
Asparagus (Baked)	\$65	\$120
String Beans (Steamed)	\$65	\$120
Black Beans	\$55	\$105
Garden Salad (Fresh)	\$55	\$105
Caesar Salad (Fresh)	\$55	\$105



Microwaveable Prept Meals

Luigi's Chicken Linguine \$11.99

Linguine pasta tossed in a rich creamy parmesan cheese sauce topped with crispy breaded chicken breast and a side of broccoli.

Chicken Alfredo Pasta \$11.99

Tender baked Chicken and al dente pasta doused in creamy Alfredo sauce.

Chicken Al Pastor Bowl \$11.99

Chopped Al pastor seasoned chicken breast served with white rice, black beans, shredded cheese, sour cream and topped with pico de gallo.

Teriyaki Chicken \$9.99

served with white rice, steamed string beans.

Chicken Fajitas \$10.99

Chicken breast and sautéed bell peppers, onions served with rice.

Chipotle Lime Chicken \$11.99

Chicken thighs marinated in a chipotle lime blend served on a bed of cilantro lime rice.

Mongolian Beef \$12.99

Scrambled southern style eggs with a side of potatoes combined with 100% chicken chorizo. Try it with our staple Green Sauce.

The Breakfast Scramble \$11.99

Cubed chicken breast drenched in our buffalo ranch mix, with romaine lettuce and sliced tomatoes, wrapped in a spinach tortilla.

Scrambled Southern Style Eggs \$11.99

Scrambled southern-style eggs with a side of potatoes combined with 100% chicken chorizo. Try it with our staple Green Sauce.

Breakfast Burrito \$9.99

Scrambled eggs with diced onion and bell peppers served on top of turkey bacon wrapped in a spinach tortilla.

Arrachera Burrito \$10.99

Marinated & Grilled Arrachera (Skirt Steak). Served with Black Beans, white rice and cup of our homemade molcajete salsa wrapped in a tomato tortilla.

Buffalo Ranch Chicken Wrap \$9.99

Cubed chicken breast drenched in our buffalo ranch mix, with romaine lettuce and sliced tomatoes, wrapped in a spinach tortilla.