***Captains and Crews Boat Service***

***Catered Meal Prep***

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

**928-660-0752**

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

**lakepowellgroceries@gmail.com**

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

Guest Count \_\_\_\_

**(Minimum of 8 guests for each item)**

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
* Tator tot casserole (Protein choice, eggs, cheese, Tator-tots) $12
* French Toast Bake $12
* Southwest quiche (steak, peppers, eggs, hashbrowns, cheese) $16
* Frittata (Protein choice, eggs, cheese, veggie option) $12
* Breakfast burros (Protein option, eggs, potatoes, cheese) $12
* Pancake variety (Buttermilk, blueberry, chocolate chip and banana) $12

**(For vegetarian requests, proteins can be on the side)**

Lunch or dinner sides (Ready to eat)

* Country style potato salad or Cajun potato salad $10
* Pasta salad $12
* Macaroni salad $10
* Broccoli salad **(has bacon)** $12
* Fiesta corn salad $10
* Cole slaw $8
* Waldorf Salad $10

Lunch or dinner sides **(heat and serve)**

* Loaded mashed **(has bacon)** $12
* Scalloped potatoes $12
* Macaroni and cheese $12
* Southern style baked beans **(has bacon)** $12
* Cheesy wild rice $10
* Creamy Cajun Farfalle $12
* Garlic mashed $9

Dinner **(Ready to bake/heat and serve)**

* Green chili chicken enchiladas or red chili beef enchiladas $15
* Meat lasagna or veggie lasagna $15
* Pulled pork or Pulled chicken $15
* Pot roast $15
* Jambalaya **(shrimp, chicken, sausage)**  $18
* Brisket $20
* Pork Ribs $18