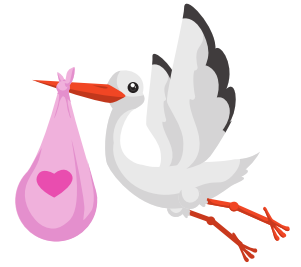


Maternity Meals

BY KEEDRA'S KITCHEN



How It Works

PLACE YOUR ORDER WITH KEEDRA'S KITCHEN

CHOOSE YOUR ENTREES AND YOUR SIDES

AS YOUR PERSONAL CHEF KEEDRA'S KITCHEN WILL DO ALL

THE FOOD SHOPPING, PREPARING, AND COOKING

WE WILL DELIVER YOUR MEALS TO YOUR DOOR

ALL PANS ARE STACKABLE FOR EASY STORAGE, EASILY

REHEATABLE JUST POP IN THE OVEN, FREEZABLE FOR

FUTURE USE, AND DISPOSABLE FOR AN EASY CLEAN UP

EACH MEAL WILL FEED BETWEEN 4-5 PEOPLE DEPENDING ON

SERVING SIZE **OR** CAN LAST OVER MULTIPLE DAYS FOR A

SMALLER SIZED FAMILY

5 ENTREES

10 SIDES:

\$1250 plus tax



Choose Your Meals

Entrees

THYME AND LEMON BASIL CREAM CHICKEN
chicken smothered in a cream sauce



SWEET AND SOUR CHICKEN
chicken and sweet peppers in a sweet and sour sauce

TERIYAKI GLAZED CHICKEN AND BROCCOLI
chicken and broccoli in a house made teriyaki sauce

STUFFED CHICKEN BREAST
stuffed with spinach and feta

CHICKEN, CHEESE, AND BROCCOLI CASSEROLE
*chicken, cheese, and broccoli in a creamy casserole
sauce*

BLACK PEPPER CHICKEN
peppers, onions, in a savory black pepper sauce

SCRATCH MADE CHICKEN POT PIE
tender chicken, fresh vegetables, biscuit crust

HANDROLLED TURKEY MEATBALLS
*stuffed with spinach, sun dried tomatoes in a savory
cream sauce*



Choose Your Meals

Entrees

CLASSIC TURKEY MEAT LOAF

classic and savory



STUFFED SHELLS

stuffed with turkey meat, cheese and topped in a house made tomato sauce

CLASSIC LASAGNA

layers of beef or turkey meat, cheese, spinach, and lasagna noodles

STUFFED PEPPERS

stuffed with turkey meat, onions, sweet peppers and tomato sauce

CLASSIC POT ROAST

slow cooked with all the fixings



TERRIYAKI SALMON

perfectly cooked with a scratch made teriyaki glaze

SMOKEHOUSE MAPLE SALMON

seasoned and pan seared to perfection

CILANTRO LIME SALMON

seasoned and pan seared to perfection

Choose Your Meals

Entrees



LEMON CAPER SALMON

seasoned, lemon, butter, capers in a cream sauce

SHRIMP AND BROCCOLI

seasoned and pan cooked

CILANTRO LIME SHRIMP

seasoned and pan cooked with

SWEET CHILI SHRIMP

peppers and sweet chili sauce

TUSCAN PASTA

sundried tomatoes and spinach in a cream sauce

CREAMY CAJUN PASTA

scratch made creamy cajun pasta sauce

Choose Your Meals

SIDES

CILANTRO CORN

CUCUMBER AND TOMATO SALAD

LEMON AND SEA SALT ASPARAGUS

SEASONED GREEN BEANS

ROASTED BRUSSEL SPROUTS

SLOW SIMMERED COLLARD GREENS

SQUASH AND ZUCCINI

ROASTED OKRA

CREAMED SPINACH

GINGER AND HONEY GLAZED CARROTS

PARMESAN GARLIC MASHED POTATOES

BUTTERMILK MASHED POTATOES

OVEN ROASTED RED POTATOES

OVEN ROASTED SWEET POTATOES

CANDIED SWEET POTATOES

CHEESY PARMESAN ORZO

CONFETTI YELLOW RICE

MANGO RICE

COCONUT AND GINGER RICE

JASMINE

MACARONI AND CHEESE

