

Fresh Menu for January 17-20, 2022

order: www.PreparedFoodsbyBK.com, 770-591-4000
Email us: preparedfoodsbybeesknees@gmail.com

Homestyle Entrees and Sides

NEW! Chicken Mushroom Stroganoff \$8.50/\$14.50 for 2 servings

Delicious tender chicken breast in a homemade mushroom sauce, served over egg noodles with sour cream and parsley. Pure comfort!

Smothered Beef Steaks \$8.50/\$14.50 for 2 servings

Tender ground beef is seasoned and hand mixed and baked into our specialty beef steak. Topped with beef gravy and smothered with caramelized onions. Perfect with potatoes, macaroni and cheese or your favorite vegetable.

Cheese Filled Shells \$8.00/\$14.00 for 2 servings

Delicious and filling Pasta shells are stuffed with seasoned ricotta cheese and topped with Marinara sauce and more cheese. Ready to bake and serve!

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Wonderful Wednesdays! Available Wed 1/19

Chicken Enchiladas Verde \$8.00/\$14.00 for 2 servings

Layers of corn tortillas, creamy chicken and cheese, and our fresh green enchilada sauce (tomatillo, green chilies, and savory flavors) . **Gluten Free.**

Creamy- Cheesy Macaroni and Cheese
(1 lb. (2 servings) \$5.00, 2 lb large (4-6 servings) \$9.00)

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SOUP: Pint: \$6.00 Quart: \$11.50

"Beef" Con Carne Chili and Chicken Vegetable Soup

SIDE DISHES: \$3.50/\$5.00 (1 serving/2 servings)

Creamy Yellow Squash Casserole, Steamed Green Beans, Glazed Carrots, Pinto Beans with Ham, Garden Peas with Mushrooms & Onions

Dips & Spreads: ½ lb. \$5.00, 1 lb. \$9.50

*Cranberry Walnut Chicken Salad
Zesty Pimento Cheese
Cheddar Vidalia Pecan Spread*

“Healthy Start”

(Eating together? Order a second meal of **same** item for \$1.00 discount)

Fresh Apricot Chicken \$9.50

Boneless chicken breast is braised in a tangy sauce with fresh onion, tomato, vinegar, dijon mustard and apricots. Delicious blend of flavors.

Served with a quinoa-brown rice pilaf and steamed green beans.

(325 cal; 18g fat; 32g pro; 7g carbs; 3g sugar; 1g fiber 413g sodium) - 7 WW points - Gluten Free

NEW! Beef Bourguignon (Eating Well) \$10.50

Beef chuck roast seared and slow cooked till tender...with bacon, onions, carrots, garlic, and mushrooms, in a Burgundy wine sauce. Served with Garden Peas.

(379 cal, 14g fat, 722 sodium, 15g carbs, 2g fiber, 30g protein, 5g sugar) - 8 WW points - Gluten Free

Pecan Crusted Salmon \$11.00

Filet of Salmon (5 oz) is baked with a pecan crust and a dijon mustard-maple syrup-chili powder glaze.

Rich and special, it is served with smashed sweet potatoes and roasted brussels sprouts

(264 cal; 6g fat; 429g sodium, 16 g carbs, 24g protein, 8g sugar) 7 WW points Gluten Free/ Dairy Free

Breakfast Egg Cups \$3 each (Each has 183 cal)

SW Turkey Sausage/Cheese/Pepper-Onion;
Bacon/Onion/Swiss; Spinach-Feta

DESSERTS: \$5.00 each or \$12.00 pan

Million Dollar Bar, Raspberry White Chocolate Bar,
Pecan Pie Bar, Kentucky Derby Bar

BIGGIE COOKIES: \$2.50 each

Chocolate Chip,
Peanut Butter “Butterfinger”
Double Trouble Chocolate Chunk

BREADS/BISCUITS/MUFFINS: 4 for \$5.00

Blueberry Streusel Muffins, Banana Chocolate Chip Muffins
Angel Biscuits, Cheddar-Garlic Rolls

Banana Bread \$8.50/loaf

Banana Bread with Walnuts \$9.00/loaf