

Fresh Menu February 7-10, 2022

Important during COVID: Please, order by Monday pm. Due to staffing, online orders close Tuesday morning at 10 am.
Contact us or stop by to order after that.

Prepared Foods by BeesKnees and Woodstock Shared Kitchen Online order:

www.PreparedFoodsbyBK.com, 770-591-4000

Email us: preparedfoodsbybeesknees@gmail.com

Curbside/Car Window Pickups. Delivery in our local area is easy.

Homestyle Entrees

Creamy Chicken Enchiladas \$8.00 1 svg/ \$14.00 2 svg

Flour tortillas are filled with fresh chicken breast, cheese and smothered with our own mild Enchilada sauce, cheddar cheese and sour cream. Customer fave.

Beef Shepherds Pie \$9.00 1 svg/ \$15.00 2 svg

Delicious gravy base filled with ground beef, peas and carrots.
Topped with fresh mashed potatoes. Always sells out, so order early!

Wonderful Wednesdays! (ready by Wed. at 3 pm)

Chicken Cordon Bleu Bake \$9.00 1 svg/\$15.00 2 svg

Creamy chicken and ham in a Swiss cheese sauce with rice. Baked to perfection with a buttery crumb topping. Staff favorite!

Salmon Piccata \$12.00 1 svg/ \$20.00 2 svg

6 oz salmon filet is seared with almond flour coating and olive oil. A delicious lemon-white wine-butter sauce is seasoned with garlic and capers and drizzled over the salmon.
Served on a bed of spaghetti this is a fabulous and zesty Italian favorite. Garnished with parsley.

SIDES: \$3.00 1 serving, \$5.00 for 2 servings

Steamed Green Beans, Glazed Carrots,
Mashed Potatoes, Cauliflower Rice

Creamy Cheddar Macaroni & Cheese - \$5.00/1 lb. \$9.00/2 lb

SOUPS: \$6.00 pint & 11.00 quart

Beef and Barley Cream of Broccoli

Breakfast/Brunch - \$10.00

Sausage, Egg, Cheese Grit Bake
Apple French Toast Bake

“Healthy Start” this week

Order a second meal of same item for \$2.00 discount

Indian Butter Chicken - \$9.00

Boneless chicken breast sauteed with onions, garlic, and ginger. Simmered in a tomatoey sauce with the flavors of India. Chicken stock, cinnamon, cumin, garam masala, turmeric, lemon juice, and coconut milk. Served over cauliflower rice. (325 cals; 18g fat; 32g pro; 7g carbs; 3g sugar; 1g fiber 413g sodium)

7 WW points - Gluten Free

“My Big Fat Greek” Burger - \$9.00

Ground turkey breast sauteed in olive oil with baby spinach leaves, feta, and dill and a fresh yogurt sauce with cucumbers, garlic, and dill on the side. Served with a whole wheat bun and a side of 3 bean-couscous salad. (360 cals, 10g fat, 650mg sodium, 29g carbs, 42g protein) **7 WW points**

Turkey-Quinoa Meatloaf \$9.00

Served with Skinny Buttermilk Mashed Potatoes

Ground turkey is hand mixed with onion, eggwhite, sun dried tomatoes, spinach, quinoa, fresh basil, garlic, parmesan cheese, and delicious spices. It is served as an individual meatloaf with a tomato glaze and “Skinny Mashed Potatoes”.

Meatloaf: (313 cals; 22g carbs; 43g pro; 7g fat; 645 sodium; 3g fiber) 7 WW points Gluten Free

Mashed Potatoes: (150 cals; 31g carbs; 5g pro; 1.5g fat; 63g sodium; 2.5g fiber) 5 WW points, Gluten Free.

NEW! Creamy Baked Mahi Mahi - \$10.00

Tender baked Mahi Mahi in a creamy sauce with lemon, onions, and seasonings. Served with brown rice and broccoli

(201 Cals, 1.6g fat, carbs ½ g fiber .6g, protein 42g) 3 WW points Gluten Free

(Brown rice: ½ c; Calories: 21; Carbs: 44g.Fiber: 3.5g.Fat: 1.8g.Protein 5g) 3 WW points

Favorite Dips & Spreads: \$10.00/lb (available by ½ lb)

Cranberry Walnut Chicken Salad

Zesty Pimento Cheese, Cheddar Vidalia Onion Spread

Special Pricing:\$4 for 4 pack Muffins & Rolls

Banana Chocolate Chip Muffins

Angel Biscuits, Garlic-Cheddar Rolls

Banana Bread \$9.00/loaf

Desserts: \$5.00 pc/\$12.00 pan

Million Dollar Bar, Fudge Brownie,

Lemon Crumb, Kentucky Derby Bar

Special: Applesauce Cake with Caramel Frosting