



PREPARED MEALS - A MONTH'S VIEW

New to Wild Bramble Meal Subscriptions? First fill out this intake form on our website: <https://www.wildbramblecatering.com/meal-prep/start> Please inform us of any food allergies or restrictions and inquire if a dish may be adapted. We have Gluten-Free, Dairy Free, Vegetarian and Alpha-Gal friendly options.

1st Week of the Month

DINNERS:

Savory Mediterranean Chicken served with Naan bread - \$11/per serving

Contains: chicken, garlic, cumin, paprika, salt, greek yogurt, feta cheese, tomatoes, cucumbers, beets, red peppers, parsley, cilantro, lime, olive oil

Comforting Lasagna - \$10/per serving

Contains: marinara, beef, pasta, ricotta cheese, parmesan cheese, eggs, olive oil

**GF or Vegetarian option made with zucchini*

Fall Off the Bone Pork Ribs - \$10/per serving

Contains: pork, Wild Bramble seasonings

**Optional add on of scalloped potatoes - \$5/per serving*

BREAKFAST:

Biscuits & Gravy Casserole - \$12 for 2 servings / \$18 for 4 servings / \$22 for 6 servings

Contains: homemade biscuits, breakfast turkey sausage, cheese, eggs

2nd Week of the Month

DINNERS:

Parmesan Chicken Bake (GF Adaptable) - \$11/per serving

Contains: chicken, marinara, penne pasta, creamy sauce, parmesan chicken, garlic

Cajun Shrimp with Cilantro Lime Rice - \$11/per serving

Contains: shrimp, Wild Bramble cajun seasonings, olive oil, rice, green peppers, cilantro, lime

Mexican Beef Casserole (GF & Vegetarian Adaptable)- \$10/per serving

Contains: beef, hashbrowns, sour cream, cheese, onion, green peppers, beans, cilantro, lime

BREAKFAST:

Coffee Cakes- \$15 for 4 servings | \$20 for 6 servings

- Lemon blueberry
 - Apple cinnamon streusel
 - Raspberry cream
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3rd Week of the Month

DINNERS:

Creamy Chicken Enchiladas - \$10/per serving

Contains: chicken, flour tortillas, cheese, sour cream, butter, onion, green peppers, green chilis, cilantro.

**Optional add on of cilantro lime rice - \$5/serving*

Marinated Ground Beef Korean on Jasmine Rice (GF) - \$11/per serving

Contains: beef, rice, garlic, hoisin sauce, soy, butternut squash, edamame, sunflower seeds, rice, sriracha sauce, sesame oil

Mushroom Fettuccine (Vegetarian)- \$10/per serving

Contains: baby bella mushrooms, fettuccine noodles, parmesan cheese, milk, flour, butter, garlic, parsley

BREAKFAST:

Oatmeal Cake: \$10 for 2 servings | \$15 for 4 servings | \$20 for 6 servings

**Toppings on the side include: cream, roasted almonds, fruit, brown sugar*

4th Week of the Month

DINNERS:

Tortilla Beef Kabobs - \$11/per serving

Contains: beef, flour tortillas, seasonings, onion, red pepper, topped with sriracha sauce

**Optional side add on of cilantro lime rice - \$3/serving*

Shrimp Scampi Linguine - \$10/per serving

Contains: shrimp, broth butter, garlic, olive oil lemon, parsley

Bone-In Lemon Chicken Thighs served w/roasted root vegetables - \$11/per serving

Contains: chicken, lemon, garlic, olive oil, thyme | Root veggies: carrots, beets, onion, potatoes, sweet potatoes, turnips

BREAKFAST:

Quiche: - \$15 for 4 servings | \$20 for 6 servings

Choice of:

- Breakfast Turkey Sausage & Spinach
 - Cheesy Bacon
 - Mushroom & Spinach
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5th Week of the Month

DINNERS:

Savory Chicken Thighs with Fried Rice (GF & Vegetarian Adaptable) - \$10/per serving
Contains: chicken, rice, eggs, soy, carrots, edamame, corn, cabbage, onion, seasonings, vegetable oil

Red Lentil Masala over Rice (GF & Vegetarian) - \$10/per serving
Contains: red lentils, coconut, spinach, tomatoes, Wild Bramble seasonings, onion, ginger, butternut squash

**Add savory chicken for an additional cost - \$4/per serving*

Yellow Chicken Curry with Jasmine Rice (GF & Vegetarian Adaptable) - \$11/per serving
Contains: chicken, carrots, potatoes, onions, yellow paste, coconut

BREAKFAST:

Savory Scones: \$8 for 2 | \$12 for 4 | \$16 for 6

- Lemon blueberry
- Orange Chocolate Chip
- Cranberry White Chocolate

READY TO ORDER?

EMAIL your selections to mealprep@wildbramblecatering.com or CALL/TEXT 812-374-6011

Intake form: <https://www.wildbramblecatering.com/meal-prep/start>

→ Remember no orders are placed until the invoice has been reviewed and paid! ←

CRAVING SOMETHING WE DON'T OFFER?

If you have a favorite dish you would like to see on this menu, send us your ideas! We welcome suggestions and the opportunity to satisfy those cravings!

Thank you!



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