

Chevelle Summers
 Chef Bryan Carr

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Website: Anniescateringllc.com

Order Instructions: Please choose amount and meal type. A (-) is for our Lower calorie meals and a (+) is for our Higher calorie meals. Meals without a +/- option are available in one size only. These meals are priced as (-) meals. Meals	# of Meals	Type of Meal - or +
<u>Protein Based</u>		
Chicken Salad in Romaine Lettuce Cups Shredded baked chicken breast, green pepper, celery, red onion, grapes, apple, and walnuts served in romaine lettuce cups. 296.93cal/12.56g fat/18.12g carbs/24.77g protein		
Spinach Stuffed Chicken Breast with Steamed Asparagus / Wild Rice Chicken stuffed with spinach and low fat cheese, served with our steamed asparagus and wild rice. (-) 333.61cal/7.76g fat/33.19g carbs/36.67g protein (+) 495.91cal/11.6g fat/48.85g carbs/54.47g protein		
Baked Chicken with Steamed Green Beans/Sweet Potato Veggie Mash Skinless boneless chicken breast baked, served with steamed green beans and our sweet potato and veggie mash (sweet potato, carrots, celery, and red onion). (-) 295.03cal/3.5g fat/36.57g carbs/29.51g protein (+) 438.74cal/5.24g fat/54.01g carbs/44.04g protein		
Beef Tips and Brown Rice with Steamed Broccoli and Cauliflower Lean beef slow cooked in low cal Veggie Au Ju sauce served over brown rice with steamed broccoli and cauliflower (-) 357.78cal/16.78g fat/34.79g carbs/19.22g protein (+) 524.12cal/24.35g fat/51.86g carbs/27.85g protein		
Baked Tilapia Tacos with Radicchio Lettuce Shell Baked Tilapia, kale, spinach, radicchio lettuce taco shells and mango salsa. All in separate containers so you can build your own fish tacos exactly the way you like them. 187.2cal/6.68g fat/17.95g carbs/24.52g protein		
Kale /Spinach Salad with raspberry choice of Tuna or Baked Chicken Fresh salad with kale, spinach, cherry tomatoes, raspberries, cucumbers, red onions and shredded low fat mozzarella cheese with your choice of Tuna or baked Chicken with a raspberry vinaigrette. Chicken (-) 237.73cal/2.97g fat/14.64g carbs/38.09g protein (+) 314.98cal/3.87g fat/17.72g carbs/51.97g protein Tuna (-) 233.73cal/1.57g fat/14.64g carbs/38.26g protein (+) 308.98cal/1.77g fat/17.72g carbs/52.22g protein		
<u>Vegetable Based</u>		
Veggie Lasagna Eggplant slices with red onions, portabella mushrooms, zucchini, tomatoes, black beans, spinach, cottage cheese and low fat parmesan cheese with our homemade pasta sauce. (-) 333.96cal/7.88g fat/41.9g carbs/27.17g protein (+) 500.94cal/11.81g fat/62.86g carbs/40.75g protein		
Veggie Gumbo with Quinoa Gumbo made with Okra, diced tomato, onions, mushrooms, and black beans slow cooked and served over quinoa. (-) 323.31cal/12.69g fat/47.53g carbs/10.44g protein (+) 450.17cal/17.22g fat/66.9g carbs/14.59g protein		
Egg Plant Parmesan with Wild Rice Thinly sliced eggplant coated with Italian seasoned cornflake crumbs baked and topped with our homemade spaghetti sauce and low fat parmesan cheese served with wild rice. (-) 352.81cal/7.67g fat/56.94g carbs/18.52g protein (+) 484.25cal/10.27g fat/78.83g carbs/25.24g protein		
Total # of meals		
Total amount due : \$8 per (-) Low Calorie Meal \$10 per (+) High Calorie Meal *Orders accepted Monday thru Friday. Delivery of meals will occur the following Monday. *50% of total sale price due at time of order. 50% Balance due upon delivery. *Cash and Checks accepted. Checks payable to Annie's catering llc. * <u>I understand that if the product is not picked up as scheduled I will forfeit all of my deposit. There will be no credit given.</u>		
Signature _____	Date: _____	