

# Meal Prep Menu

## Customer Favorites

*Please let us know if you would like us to make it a vegetarian meal*

*Subs may be made to the potatoes/veggies*

- Poppy-seed Chicken Casserole & side salad \$13*
- Chicken Enchiladas w/rice \$13 or  
Cheese Enchiladas w/rice \$12 for our veggie friendly friends*
- Meatloaf w/mash potatoes & gravy, a veggie, and a roll \$15*
- Pork Chops - grilled pork chops (2) with roasted potatoes and a  
veggie \$17*
- Chicken Fried Steak - w/mashed potatoes and white gravy,  
a veggie and roll \$15*
- Shrimp & Sausage Boil - shrimp, sausage, potatoes,  
corn on the cob \$17*
- Cheesy Chicken & Rice Casserole w/side salad and roll \$14*
- Cajun Chicken Alfredo w/side salad and roll \$15*
- Lasagna w/side salad and roll \$18*
- Ground Beef Stroganoff over noodles with salad and roll \$18*
- Blackened Catfish - baked & blackened catfish with  
roasted potatoes, veggie and a roll \$15*

*Email us at [DuncanCateringCo@gmail.com](mailto:DuncanCateringCo@gmail.com) for weekly specials!*