

A Pinch of Soul Food Truck & Catering

Meal Prep Menu Options (all meals \$10.00)

Place orders via email pincham7831@gmail.com or text **704-891-5009**

Please allow 24 for items to be ready for pick-up or delivery

- Baked Chicken w/Seasoned Rice(gf) and Southern Style Green Beans w/potato(v,gf)
- Smothered Chicken w/Garlic Mash(vg,gf) and Collards(v,gf)
- Beef Tips w/Rice(v) and Southern Style Green Beans w/potato(v,gf)
- Smothered Pork Chops w/Garlic Mash(vg,gf) and Collards(v,gf)
- Turkey Meatloaf w/Garlic Mash(vg,gf) and Southern Style Green Beans w/potato(v,gf)
- Slow Cooked Pulled Pork BBQ and Homemade Coleslaw(vg,gf)
- Baked Spaghetti with Garden Salad(vg,gf)
- Red Thai Curry Stir Fry w/Basmati Rice (v)
- Mushroom Florentine Pasta (v)

v-Vegan,vg-Vegetarian,gf-Gluten-Free

Free Delivery for orders above 50.00 within a 20 mile radius of The City Kitch 9445 Pinnacle Drive