

Meal Prep

with Chef Raynor

FEATURED ITEMS

Shrimp Puttanesca

Spaghetti, Dice Tomatoes, Olive Oil, Sliced Garlic, Onion, White Wine, Capers, Herbs, Olives, Parmesan Cheese

Grilled Teriyaki Chicken Rice Bowl

Marinated Chicken, Broccoli Florets, Julienne Carrots, Green Onion, Jasmine Rice

Beef and Red Peas Soup

Beef, pumpkin, dumpling, carrots, potato, kidney beans, Caribbean herbs, spices and flavour

STANDARD SELECTION

Vegetables

Sautéed Cabbage Medley
Steamed Carrot
Steamed Broccoli
Maple Roasted Brussel Sprouts

Starches

Steamed Jasmine Rice
Roasted Sweet Potatoes
Brown Wild Rice Fusion
Organic Red Quinoas

Proteins

Jerk Chicken Breast
Grilled Chicken Breast
Lean Ground Turkey
Montreal Grilled Steak
Old Bay Spiced
Salmon



(781) 964-1794 | chefraynor.com