



Neighborhood Delivery

Locations:

Monday	Sawmill Lakes - Community Pool: 5-6pm
Tuesday	PV by the Seas - Estates Community Park: 11:30am-Noon cut off 10 am Plantation Oaks - Delivery 5 to 6 p.m. Odoms Mills - Delivery 5 to 6 pm
Wednesday	Kelly Pointe - Front playground: 5:30 to 6 pm Palencia Delivery - 5:00 Parking lot by Starbucks
Thursday	Coastal Oaks delivery - 5:00 to 6:30 pm
Friday	Aberdeen Clubhouse Parking lot - Pick up between 5:30 pm to 6 pm Greenleaf Village Park Delivery: 6 pm to 6:30 pm delivery

How To Order:

- **Order cut off by 1 pm day of event** @ 904.395.3989 Tells Us "Day/Neighborhood" OR email karina@trascaandco.com.
- Pick up your meal between the times listed above. Cash or Credit Cards accepted.
- All meals are ready to heat and serve (instructions provided) or can be frozen!

MENU:

Chicken Gnocchi

Our chicken tenderloins are baked with Italian spices then we serve over gnocchi with bacon, & roasted tomatoes, that is tossed in our mushroom butter sauce.

Cheesy Taco Bake

Comforting meal for the whole family! Ground Beef tossed in our house made taco seasoning then baked and layered with brown rice, carrots and a creamier cheese sauce with Greek Yogurt. Finally the crunchy corn chips.

Lemon Garlic Chicken GF

This is yummy and flavorful! We start with a delicious marinated chicken breast roasted to perfection, served over quinoa spinach brown rice then topped with a delicious lemon garlic sauce.

Panino Boxes - Your choice of our BEST seller Spaghetti Pie, Chicken Bacon Ranch, Buffalo Blue or Veggie Panino served with ranch potato salad & chocolate chip cookie. \$10

Trasca Salad - Our customers favorite! Mixed Field Greens topped w/apple, cucumbers, tomatoes, carrots, sunflower seeds, almonds, cranberries & parmesan. Served w/creamy balsamic.

Family Size (serves 4 to 6) \$35.00 AND Single Serving - \$10.00

ALL MEALS CAN BE FROZEN!

Stock up your Fridge -

Lg Hot Cheese, Pepperoni or 1/2 cheese 1/2 pepperoni \$10.00 (Hot and ready to serve- 8 slices)

PIZZA Kit \$10 - All the ingredients to create your own pizza! \$10

Tarragon Chicken Salad pt \$8

Ranch Potato Salad pt \$5

Buffalo Chicken Tenders \$8 (very mild only flavorful)

Buttermilk Chicken Tenders \$8

Mozzarella Meatballs (2) \$5

Rosemary Garlic Panino Sticks \$5

Chocolate Chip Cookies or Oatmeal Cranberry Walnut - \$1.50 ea

Energy Bites - 1/2 doz \$5.00

