



Neighborhood Delivery

Locations:

Monday	Sawmill Lakes - Community Pool: 5-6pm
Tuesday	PV by the Seas - Estates Community Park: 11:30am-Noon Odoms Mill - 5 to 6 p.m. Pool parking lot Plantation Oaks - Delivery 5 to 6 p.m.
Wednesday	Kelly Pointe - Front playground: 5-6 pm Palencia Delivery - 5:30 Parking lot by Starbucks
Thursday	Walden Chase - 5 to 6 Pool parking lot Coastal Oaks delivery - 5 to 6
Friday	Twenty Mile - 5 to 6 pm bump out Greenleaf Village Park Delivery: 5-6pm

How To Order:

- **Order cut off by 2pm 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:

Southern Chicken Tenders

Out chicken tenders are amazing. Marinated in buttermilk, breaded with our homemade panino bread crumbs and then BAKED/not fried. This will be served with our creamy mac n cheese and honey roasted carrots & our delicious ranch dressing for dipping!

Bacon & Ham Carbonara

Comforting meal for the whole family! Spaghetti tossed in our delicious parmesan carbonara sauce. Filled with diced ham, bacon, parsley and spinach.

Beef Pinwheel GF

This is yummy and flavorful! We start with ground beef, layered with carrots, celery, onions, mushrooms, spinach, garlic, then we roll it up, roast and slice. Served with our maple glazed sweet potatoes, and vegetable medley.

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

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

ALL MEALS CAN BE FROZEN!

Stock up your Fridge - Soups, Salads and More

Lg Hot Cheese, Pepperoni or 1/2 cheese 1/2 pepperoni \$10.00
PIZZA Kit \$10 - All the ingredients to create your own pizza! \$10
Tarragon Chicken Salad pt \$8
Ranch Potato Salad pt \$5
Mozzarella Meatballs (2) \$5
Mac n Cheese \$5
Maple Sweet Potatoes \$5
Rosemary Garlic Panino Sticks \$5
Chocolate Chip Cookies or Oatmeal Cranberry Walnut - \$1.50 ea
Energy Bites - 1/2 doz \$5.00

