
Out of Thyme

KITCHEN STUDIO

Personal Chef + Cooking Classes + Parties

Full Spectrum has teamed up with Out of Thyme Kitchen Studio to provide you with freshly prepared “Home Cooked” style gourmet meals from certified chef, Jaime Carmody. Meals delivered every Monday starting on 10/17/2016. Orders must be in Thursday by end of day to Full Spectrum.

Menus will include: 5 different proteins and may include multiple of one; Turkey, Chicken, Pork, Beef & Seafood Dish, sides may vary week to week.

Meals can be bought:

Individually Package #1- \$15 each **Package Price #2-** 3 meals for \$40 **Package Price #3-** 7 meals for \$90

Competition type meal- 12 for \$130- one side either complex carb or veg-please denote which

Also available- **1 pound protein options-** \$11 each- grilled shrimp, grilled or baked chicken, pork tenderloin, Turkey patties, beef patties

Menu for 10/24 & 10/31

Tex Mex Bake (ground turkey, penne, corn, salsa, cheese)

Broccoli Chicken Divan (broccoli & “cream” sauce)

Pesto Shrimp w. Spaghetti Squash (house made pesto, tossed)

Asian Turkey Burgers w. Lettuce Wraps (sweet & tangy)

Beef & Quinoa Stuffed Red Peppers (includes corn & a little cheese)

Notes: (Dietary restrictions, allergies, etc)

Client name: _____



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