

# WEEKLY MEALS MENU

LC HAS TEAMED UP WITH SUGAR MAMAS TO OFFER WEEKLY  
PRE-MADE MEALS  
AND DESSERTS FOR WEDNESDAY PICKUP.

MENUS ARE RELEASED ON FRIDAY VIA FB & INSTAGRAM AND  
ONLINE ORDERING IS AVAILABLE AT

[HTTPS://WWW.LCPROFESSIONALCHEF.COM/](https://www.lcprofessionalchef.com/)

WE ENCOURAGE YOU TO ORDER ONLINE BUT IF NEEDED  
TEXT / CALL LAURA @ 928-814-8218 OR EMAIL  
LAURA@LCPROFESSIONALCHEF.COM

ORDER DEADLINE MONDAY @ 1 PM

CONFIRM YOUR ORDER WITH PAYMENT VIA WEBSITE,  
PAYPAL, VENMO, CASH OR CHECK.

MEALS COME PACKAGED AND READY TO RE-HEAT AT YOUR  
CONVENIENCE.

MADE WITH LOVE...

*Laura*



# SAVORY x LC

## MAY 5th 2021 MENU

- **BBQ Brisket**, deviled egg (from Laura's chicken's) & dill potato salad, garlicky green beans, house-made pickles [\$16.98] [GF/DF]
- **Pulled pork**, savory braised & topped with tomatillo sauce (roasted tomatillos, onions, green chilis, cilantro-\*mild), black beans with red pepper, roasted squash & zucchini, pickled red onions [\$15.28] [GF/DF]
- **Vegan tomatillo**, caramelized cauliflower, sweet potato, mushrooms, topped with tomatillo sauce (roasted tomatillos, onions, green chilis, cilantro-\*mild), black beans with red pepper, roasted squash & zucchini, pickled red onions [\$14.71] [GF/DF]
- **Halibut**, Ginger-Soy roasted halibut (6oz), Haiga Sushi rice, Refugia Garden's Prize bok choy & Mizuna sauteed with garlic, sesame seared veggies (squash, zucchini, onion, & red peppers) [\$19.24] [DF/GF upon request]
- **Vegan Porto**, Ginger-soy roasted portobello mushroom, Haiga Sushi rice, Refugia Garden's Prize bok choy & Mizuna sauteed with garlic, sesame seared veggies (squash, zucchini, onion, & red peppers) [\$14.71] [DF/GF upon request]

# DESSERT x SUGAR MAMAS

NO SUBSTITUTIONS | VISIT [SUGARMAMASFLAGSTAFF.COM](http://SUGARMAMASFLAGSTAFF.COM) FOR CUSTOM ORDERS

- **LARGE CHALLAH** feeds 4-5 people [\$7.92] | **SMALL CHALLAH** feeds 2-3 people [\$4.53]
- **LEMON BARS** [2 for \$7.36] (*limit 9 orders*)
- **MICRO CHOCOLATE CREAM PIE** [\$5.66 ea]
- **MINI PINEAPPLE UPSIDE DOWN CAKE** [\$6.22 ea]
- **TAKE-N-BAKE CHOCOLATE CHIP COOKIE DOUGH** [1.5 lbs for \$11.32]