

O'Taste N' See
Cakes N' Catering, Inc.
404.669.1025

*We provide baking, catering
and personal chef services for
all your special events and
parties!*

**Food So Good You Can't
Put It Down!**



*Tasty N' Healthy
Meals*

Wanda Johnson
Owner/Chef

404.669.1025

www.otasteandseeonline.com

TASTY N' HEALTHY MEALS

On the weekend it's pretty easy to go out or pick-up take-out. Whether you're single, a couple or a family, we are here to help you out and take off the pressure of trying to figure out what to eat! With your busy work schedules, meetings, family and school activities, you're often too tired to come home and cook.

That's where we come in! We offer a weekly service that delivers tasty, healthy, affordable meals directly to your door. All you have to do is heat and serve. Meals are also come with cooking instructions and can be frozen. We also offer upon request the Nutritional Values for your meals, so that you'll know exactly what your family is eating and this will also help you with your specific dietary needs.

With these meals, nothing is fried. All meats are grilled, baked, roasted or broiled. We purchase the best and freshest of ingredients. Let us know if you have any special requirements such as no or low salt, low fat or if there are any ingredients you are allergic to and we can accommodate you.

Menu

For each meal you have a choice of 1 meat, 2 veggies, or 1 veggie & 1 side, dinner rolls or cornbread muffins.

Meats:

Roasted Chicken or
Grilled Chicken
Beef Roast
Pork Roast
Pork Chops
Grilled Rosemary Salmon
Beef or Turkey Meat Loaf
Cubed Steak
Blackened Tilapia
Mini Meatloaf

Veggies:

Green Beans
Broccoli
Squash or Zucchini
Asparagus
Streamed Cabbage
Butter Beans
Collard Greens
Whole Kernel Corn
Creamed Corn
Sweet Potato Soufflé'

Sides:

White Rice
Brown Rice
Wild Rice
Garlic Mashed Potatoes
Roasted Red Potatoes
Scalloped Potatoes
Macaroni & Cheese
Alfredo Pasta

Casseroles

Tuna & Veggie Casserole
Chicken, Cheese & Rice Casserole
Meat Lasagna
Veggie Lasagna
Stuffed Shells w/chicken & spinach
Spraghetti & Meatballs
5-Cheese Rigatoni

\$8.00 per person

Prices & Delivery

\$12.00 per person per meal
\$9.00 per child under the age of 8
Additional side \$2.99
Additional meat \$2.99

Delivery:

Inside Perimeter: \$10.00
Outside Perimeter: \$15 or more
determined by the mileage

Desert:

Available for additional price upon request.

Please see cake and pastry menu.

Please see website for all of our services.

www.otasteandseeonline.com

Thank you!

*Minimum 5 Meal Order.
Prices are subject to change. Some items are seasonal and may not be available. Prices are for food only!
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