

**When was the last time that
you had a Lunch & Learn?**



Yellow Cutter Wood Service Foods also provides catering & dinner parties.

Booking Details: www.YellowCutterWoodService.com/foods



Meal Prep Menu Items

(2 order minimum)



- Level 1** Your choice of a level 1 protein & a level 1 side. **\$10**
Level 1.5 Your choice of a level 1 protein & 2 level 1 sides. **\$12**
- Level 2** Your choice of a level 2 protein & 1 level 1 or 2 side. **\$12**
Level 2.5 Your choice of a level 2 protein & 2 level 1 & 2 sides. **\$15**
- Level 3** Your choice of a level 2 protein & 1 level 1, 2, or 3 side. **\$15**
Level 3.5 Your choice of a level 3 protein & 2 level 1, 2, & 3 sides. **\$18**

Level 1 Proteins

Chicken Thigh (Garlic & Basil)
Pork Chop (Sweet Chili)

Level 2 Proteins

Chicken Breast (Garlic & Basil)
Wings (Buffalo or Lemon Pepper)

Level 3 Proteins

Salmon (Sweet Pepper)
Steak Bites (Pepper & Basil)
Shrimp (5) (Lemon & Garlic)

Level 1 Sides

Cabbage Rice
Carrots Linguine

Level 2 Sides

String beans Broccoli
Cauliflower Jasmine Rice

Level 3 Sides

Brussel Sprouts
Maccaroni & Cheese
Tortellini

*Custom orders must be placed at least 2 days in
advance to begin prep work.*