

May 2019

An alternative meal, salad, soup, milk, and a fruit-based dessert are also served daily. HandCut Foods is nut and shellfish aware. We work diligently to avoid contact with these ingredients. Though not all listed, we always offer modifications for known dietary restrictions.

LUNCH

Roycemore School

Contact Michelle, your on-site manager, at roycemore@handcutfoods.com

Monday		Tuesday		Wednesday		Thursday		Friday	
29	Chicken Vindaloo Tofu Vindaloo Cumin Carrots Steamed Jasmine Rice	30	Turkey Tacos Chorizo Seitan Tacos Cumin Potatoes Roasted Corn Salsa Roja Sour Cream & Cheddar Cheese Shredded Lettuce	1	Roast Beef & Cheddar Panini Veggie Panini Tomato Soup Orzo Pasta Salad	2	Sweet & Sour Chicken Sweet & Sour Tofu Broccoli Rice Noodles	3	Pepperoni Pizza Italian Seitan Pizza Roasted Broccoli
6	Chicken Limone Italian Seitan Stuffed Tomato Penne with Oil Roasted Broccolini	7	Old Fashioned Meatloaf Mushroom & Edamame Loaf Smashed Red Potatoes Peas & Carrots	8	BBQ Pulled Pork BBQ Tofu Roasted Lemon Asparagus Cornbread	9	Tex Mex Turkey Chili Tex Mex Vegetarian Chili Elbow Pasta Carrot Sticks	10	Chicken Tinga Tacos Chorizo Seitan Tacos Mexican Style Rice Pico de Gallo Shredded Lettuce Cheddar Cheese
13	Lemon Oregano Chicken Lemon Oregano Tofu Brown Rice Pilaf Zucchini Pita Hummus	14	BREAKFAST FOR LUNCH!	15	Fettuccine Alfredo with Chicken Fettuccine Alfredo with Seitan Marinara Sauce Roasted Broccoli Garlic Bread	16	Ground Turkey Enchilada Bake Seitan and Spinach Enchilada Bake Fiesta Rice Guajillo Lime Peas	17	Meatball Sub Vegan Meatball Sub Mixed Vegetables Chopped Salad
20	Jerk Chicken Bulghur Stuffed Pepper Mashed Sweet Potatoes Green Beans & Tomatoes	21	DELI DAY!	22	Baked Penne with Chicken Sausage Baked Penne with Italian Seitan Garlic & Parsley Roasted Carrots Garlic Bread	23	Honey Mustard Ham or Chicken Tofu & Farro Stuffed Mushroom Buttermilk Mashed Potatoes Roasted Cauliflower	24	Chicken Pesto Panini Italian Seitan Panini Pasta Salad Grilled Asparagus
27	HAPPY MEMORIAL DAY!	28	Ground Beef Taco & Mac Bake Chorizo Seitan & Mac Bake Roasted Broccoli Watermelon	29	Chicken Tawook Falafel Brown Rice Marinated Cucumbers Pita Tzatziki Sauce	30	Lemon Herb Shredded Turkey Lemon Herb Tofu & Spinach Roasted Green Beans Garlic & Chive Mashed Potatoes	31	Hot Dog Veggie Pup Cheesy Potato Casserole Roasted Carrots

HANDCUT FOODS