

## APRIL 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](mailto:roycemore@handcutfoods.com)

Monday		Tuesday		Wednesday		Thursday		Friday	
1	NO SERVICE	2	NO SERVICE	3	NO SERVICE	4	NO SERVICE	5	NO SERVICE
8	Beef, Chicken, or Tofu Bulgogi Steamed Rice Broccoli & Carrots	9	Herb-Roasted Chicken Seitan-Stuffed Peppers Roasted Red Potatoes Blanched Asparagus	10	Taco Salad with Turkey or Chorizo Seitan Black Beans Cheddar Cheese Cilantro-Lime Crema Pico de Gallo	11	Italian Sausage or Italian Seitan Stuffed Portobello Sweet Peppers Steamed Rice	12	Hot Dog or Veggie Dog Roasted Potato Wedges Carrot Sticks
15	Baked Penne with Ground Beef or Baked Penne with Seitan Roasted Broccoli Garlic Bread	16	Ground Turkey Burrito Chorizo Seitan Burrito Mexican Rice Roasted Corn	17	Chicken Schnitzel or Bulghur & Lentil Stuffed Portobello Egg Noodles Roasted Brussels Sprouts Gravy	18	Korean Ground Beef 5-Spice Seitan Steamed White Rice Stir-Fried Green Beans	19	NO SERVICE
22	Mac & Cheese with Ground Turkey or Seitan Chopped Salad with Ranch Sweet Peas	23	<b>BREAKFAST FOR LUNCH</b> Egg, Cheese & Sausage Bake or Egg, Cheese & Seitan Bake Turkey Sausage Patties Buttermilk Biscuits & Gravy	24	Braised Beef or Quinoa & Spinach Stuffed Tomato Mashed Potatoes Grilled Asparagus	25	Cajun Turkey Breast or Tofu Roasted Cauliflower Mashed Sweet Potatoes	26	Meatball Sub or Veggie Meatball Sub Potato Chips Roasted Green Beans
29	Chicken or Tofu Vindaloo Cumin Carrots Steamed Jasmine Rice	30	<b>DELI DAY</b> Build Your Own Deli Sandwich with Assorted Meats & Cheeses Toppings & Condiments	1	Roast Beef & Cheddar Panini or Veggie Panini Tomato Soup Orzo Pasta Salad	2	Sweet & Sour Chicken or Tofu Broccoli Rice Noodles	3	Pepperoni Pizza or Seitan Pizza Roasted Broccoli

# HANDCUT FOODS