

June 2019

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.

SUMMER MENU

Roycemore School

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

Monday		Tuesday		Wednesday		Thursday		Friday	
3		4		5		6		7	
10	Soy Ginger Chicken Soy Ginger Tofu Sweet Chili Ramen Noodles Stir-Fried Snap Peas	11	Ground Beef Lasagna Italian Seitan Lasagna Lemon Garlic Broccoli Garlic Bread	12	Turkey Taco Salad Chorizo Seitan Taco Salad Pico de Gallo Shredded Cheddar Cheese Sour Cream	13	Hot Dogs Tofu pups Potato Chips Celery and Carrot Sticks	14	BBQ Pulled Pork BBQ Tofu Maple Glazed Carrots Corn Bread
17	Baked Ziti with Ground Beef Baked Ziti with Seitan Roasted Green Beans Garlic Bread	18	Cajun Braised Turkey Breast Chickpea & Quinoa Stuffed Tomato Steamed White Rice Roasted Carrots	19	BBQ Pulled Chicken BBQ Tofu Roasted Green Beans	20	Turkey Tacos Chorizo Seitan Tacos Arroz Roja Cumin Lime Peas Cheddar Cheese & Sour Cream Pico de Gallo	21	Soy-Ginger Chicken Soy-Ginger Tofu Rice Noodles Garlic Snap Peas
24	Swedish Meatballs Vegan Swedish "Meat"balls Egg Noodles Roasted Broccoli	25	Turkey Sloppy Joe Seitan Sloppy Joe Roasted Asparagus Tater Tots	26	Chicken Shawarma Falafel Basmati Rice Garlic Lemon Cauliflower Pita Bread	27	Sweet & Sour Pork Sweet Chili Tofu Ramen Noodles Roasted Green Beans	28	Cheese Pizza Pepperoni Pizza Kale Caesar Salad
1		2		3		4		5	

HANDCUT FOODS