

# Sept 2019

# LUNCH

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 restriction.

**Roycemore School**

Contact Us: [roycemore@handcutfoods.com](mailto:roycemore@handcutfoods.com)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>Happy Labor Day!</b>	<b>3</b>  <b>Deli Day</b>	<b>4</b> <b>Mediterranean Chicken Shawarma or Falafel</b> Garlic Lemon Cauliflower Pita Bread	<b>5</b> <b>Sweet &amp; Sour Stir Fry</b> Sweet Chili Tofu Pan-Fried Ramen Noodles Stir-Fried Rice Noodles Roasted Green Beans	<b>6</b>  <b>Pizza Party Day</b> Kale Caesar Salad
<b>9</b> <b>Fajita Tacos</b> Chicken Fajitas Roasted Peppers Chorizo Seitan Stuffed Pepper Stewed Black Beans	<b>10</b> <b>Baked Mac &amp; Cheese</b> Roasted Peas	<b>11</b> <b>Egg and Sausage Bake</b> Egg and Spinach Bake Cheesy Potatoes Fruit Salad	<b>12</b> <b>Herb Roasted Chicken or Herb Baked Tofu</b> Rice Pilaf Roasted Brussels Sprouts	<b>13</b>  <b>Hot Dogs</b> Vienna Beef Sausages Veggie Dogs Mediterranean Cavatappi - Pasta Salad
<b>16</b> <b>Meatloaf</b> Turkey Meatloaf Mushroom & Lentil Loaf Glazed Carrots Roasted Red Potatoes	<b>17</b>  <b>Deli Day</b>	<b>18</b> <b>Korean Stir Fry</b> Korean Ground Turkey Korean Style Seitan Steamed Brown Rice Sweet Chili Green Beans	<b>19</b> <b>Spaghetti &amp; Meatballs</b> Chicken Meatballs Lemon-Garlic Broccoli	<b>20</b>  <b>Hamburgers</b> Housemade Black Bean Burger Tater Tots Marinated Cucumbers
<b>23</b> <b>Chicken Parmesan or Eggplant Parmesan</b> Vegan Eggplant Marinara Lemon-Garlic Broccolini Penne with Oil & Garlic	<b>24</b> <b>Smoked BBQ and Cornbread</b> Smoked Pulled Pork BBQ Tofu Stuffed Pepper Grilled Asparagus Cornbread	<b>25</b> <b>Sausage and Egg Breakfast Pizza</b> Spinach and Egg Breakfast Pizza Sliced Honeydew	<b>26</b> <b>Spaghetti Beef Bolognese or Vegan Bolognese</b> Roasted Green Beans & Cherry Tomatoes Garlic Bread	<b>27</b>  <b>Chicken or Tofu Tenders</b> Honey Mustard Sauce Mashed Potatoes Roasted Tri-Color Carrots
<b>30</b> <b>Fried Rice Meal</b> Beef Fried Rice Korean Seitan Fried Rice Roasted Broccoli				

# HANDCUT FOODS