

LUNCH

May 7 – 11
Roycemore School

MON

Oven Baked Ham
Oven Baked Portobellos
Roasted Potato Wedges
Braised Cabbage
Fruit Salad

TUES

Tortilla Soup
Chipotle Sweet Potato Salad
Crispy Tortilla Strips
Sour Cream & Cheese
Lemon Snowball Cookies

WED

Beef Kefta Meatballs
Falafel
Yellow Rice
Curry Roasted Cauliflower
Cinnamon Bread Pudding

THURS

Pasta Primavera
Garlic Bread
Mixed Green Salad
Chocolate Fudge

FRI

Jerk Chicken Drumsticks
Grilled Jerk Eggplant
Black Beans & Rice
Apple-Cranberry Coleslaw
Kiwi Moons



FEATURED MENU ITEM

Jerk Chicken

No, this chicken is not rude! “Jerk” is a style of cooking that is native to Jamaica. The style involves either dry-rubbing or wet-marinating a meat (usually chicken or pork) in a seasoning mixture that is typically quite spicy. Two distinctive ingredients are associated with jerk cooking: allspice and scotch bonnet peppers. We promise that our blend is not too spicy to handle, and you will love it!

HANDCUT FOODS

CONTACT

Fulton Becker

roycemore@handcutfoods.com | 312-239-0381

www.handcutfoods.com/portal

Client Code: 1200

Planned menus may change based on the availability of ingredients. We always offer alternatives to the main meal that include allergy-friendly options. We do not work with peanuts or tree nuts, or with ingredients processed in facilities with nuts.

LUNCH

May 14 – 18
Roycemore School

MON

Beef Teriyaki
Portobella Teriyaki
Brown Rice
Teriyaki Roasted Vegetables
Spring Fruit Salad

TUES

Ground Turkey Taco Salad
Roasted Vegetable Taco Salad
Corn & Black Bean Salad
Cheddar Cheese & Sour Cream
Blueberry Thumbprint Cookies

WED

Mac & Cheese
Sauteed Broccoli
Poached Apples Napoleon

THURS

Chicken Cordon Bleu
Portobella Cordon Bleu
Mashed Sweet Potatoes
Roasted Asparagus
Glazed Lemon Cake

FRI

Shepherd's Pie
Vegetarian Shepherd's Pie
Peas & Carrots
Pineapple Chunks



FEATURED INGREDIENT

Asparagus

Asparagus is planted in early spring as soon as the soil can be worked. It takes up to three years to get started, so it requires patience. Regions with cold winters, like Illinois, are best for this cool-season crop.

HANDCUT FOODS

CONTACT

Fulton Becker

roycemore@handcutfoods.com | 312-239-0381

www.handcutfoods.com/portal

Client Code: 1200

Planned menus may change based on the availability of ingredients. We always offer alternatives to the main meal that include allergy-friendly options. We do not work with peanuts or tree nuts, or with ingredients processed in facilities with nuts.

LUNCH

May 21 – 25
Roycemore School

MON

Beef & Snow Peas
Tofu & Snow Peas
Steamed White Rice
Stir Fry Vegetables
Spring Fruit Salad

TUES

Chicken Tinga Tacos
Portobella Rajas Tacos
Pinto Beans
Ancho Zucchini
Cornmeal Lime-Glazed Cookies

WED

French Toast Casserole
Scrambled Eggs
Pork Sausage Links
Red Pepper & Potato Hash
Roasted Apples

THURS

Beef Meatloaf
Oat & Mushroom Loaf
Mashed Potatoes
Garlic Green Beans
Chocolate Banana Cake

FRI

Turkey Sloppy Joes
Veggie Sloppy Joes
Sweet Potato Wedges
Roasted Cauliflower
Honeydew Wedges



FEATURED INGREDIENT

Cauliflower

Many people think that the healthiest vegetables are green, but cauliflower proves that big benefits can come from natural food of any color. Cauliflower is packed with antioxidants and vitamins C and K. Because this starchy produce is so good for you, many people have taken to substituting it for rice, mashed potatoes, or even pizza crust. Here at HandCut, we enjoy our cauliflower simply roasted with spices and herbs.

HANDCUT FOODS

CONTACT

Fulton Becker

roycemore@handcutfoods.com | 312-239-0381

www.handcutfoods.com/portal

Client Code: 1200

Planned menus may change based on the availability of ingredients. We always offer alternatives to the main meal that include allergy-friendly options. We do not work with peanuts or tree nuts, or with ingredients processed in facilities with nuts.

LUNCH

May 28 – June 1
Roycemore School

MON

NO SERVICE

TUES

Mexican Turkey Lasagna
Mexican Lasagna with Tofu Chorizo
Corn & Black Bean Salad
Pico de Gallo & Sour Cream
Chocolate Chip Cookies

WED

Roasted Turkey Penne Alfredo
Roasted Portobella Penne Alfredo
Mixed Green Salad
Banana Slices with Chocolate

THURS

Quinoa & Black Bean Chili
Cornbread
Crudite with Ranch
Sour Cream & Cheese
Vanilla Pudding

FRI

Chicken Shawarma
Roasted Veggies
Cucumber Salad
Pita Bread
Cantaloupe Wedges



FEATURED MENU ITEM

Quinoa & Black Bean Chili

Quinoa & Black Bean Chili is a customer favorite and our most requested recipe. Quinoa is a seed that contains all nine essential amino acids, which makes it one of the rare vegetarian complete proteins. It's subtle nutty flavor and somewhat crunchy texture sets our chili apart from the standard recipe. Black beans add extra protein and vitamins that strengthen bones and rebuild muscles.

HANDCUT FOODS

CONTACT

Fulton Becker

roycemore@handcutfoods.com | 312-239-0381

www.handcutfoods.com/portal

Client Code: 1200

Planned menus may change based on the availability of ingredients. We always offer alternatives to the main meal that include allergy-friendly options. We do not work with peanuts or tree nuts, or with ingredients processed in facilities with nuts.

May 2018

Roycemore School



All items made from
scratch with responsibly
sourced ingredients



Celebrate with us!

Friday, May 4

Cinco de Mayo (observed)

Monday, May 28

Memorial Day

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Our kitchen is nut-aware, which means we do not work with nuts or ingredients produced in facilities that use nuts. For other top 8 allergens and known community allergens, we follow best practices to avoid cross contamination during production. Allergy-friendly alternatives are available every day—just ask!

**HANDCUT
FOODS**

CONTACT

Fulton Becker

roycemore@handcutfoods.com | 312-239-0381

www.handcutfoods.com/portal

Client Code: 1200