

# LUNCH

Menu items subject to change based on availability. Though not all listed, we always offer options for known dietary restrictions. An alternative meal, salad, soup, milk, and fruit-based dessert also served daily.

# NOVEMBER 2018

Roycemore School

Contact Michelle, your on-site manager, at [roycemore@handcutfoods.com](mailto:roycemore@handcutfoods.com)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>29</b> Beef or Vegetarian Chili Elbow Pasta Carrot &amp; Celery Sticks</p>	<p><b>30</b> Pesto Turkey Breast Quinoa-Cranberry Stuffed Mushroom Roasted Acorn Squash Roasted Fingerling Potatoes</p>	<p><b>31</b> <b>HAPPY HALLOWEEN!</b> Fettucini Alfredo or Marinara Steamed Carrots Kale Caesar Salad</p>	<p><b>1</b> Chicken Tenders or Edamame Mushroom Cakes Roasted Cauliflower Sautéed Corn</p>	<p><b>2</b> NO SERVICE</p>
<p><b>5</b> Soy Ginger Chicken or Tofu Sweet Chili Vegetables Steamed White Rice</p>	<p><b>6</b> Turkey or Seitan Chorizo Tacos Fajita &amp; Lime Spiced Peas Peppers &amp; Pico de Gallo Sour Cream &amp; Cheese</p>	<p><b>7</b> Cider Braised Brisket Brown Rice &amp; Veg Stuffed Tomato Tri-Colored Carrots Smashed Red Potatoes</p>	<p><b>8</b> Chicken or Eggplant Piccata Capellini with Oil &amp; Garlic Sautéed Zucchini</p>	<p><b>9</b> Cheese Quesadillas Refried Lentils Tortilla Chips &amp; Pico de Gallo</p>
<p><b>12</b> Mojo Pulled Pork or Chicken Cuban Stewed Chickpeas Steamed White Rice Spiced Green Beans</p>	<p><b>13</b> Lemon-Herb Chicken Legs or Tofu Roasted Butternut Squash Dill Roasted Potatoes</p>	<p><b>14</b> Mac &amp; Cheese Bar with Ground Beef or Seitan Broccoli &amp; Green Peas</p>	<p><b>15</b> Honey Glazed Ham or Chicken Chickpea &amp; Zucchini Cakes Roasted Brussels Sprouts Sweet Potato Wedges</p>	<p><b>16</b> Smoked Turkey Breast Stuffed Portobellos Mashed Potatoes with Gravy Green Bean Casserole</p>
<p><b>19</b> Swedish Meatballs Vegan Swedish Meatballs Egg Noodles Roasted Carrots</p>	<p><b>20</b> Tostadas with Chicken or Seitan Refried Beans Pico de Gallo &amp; Salsa Verde Shredded Cheese</p>	<p><b>21</b> NO SERVICE</p>	<p><b>22</b> <b>HAPPY THANKSGIVING!</b> NO SERVICE</p>	<p><b>23</b> NO SERVICE</p>
<p><b>26</b> Baked Penne with Chicken Sausage or Italian Seitan Greens Beans Kale Salad</p>	<p><b>27</b> Gyros or Lemon-Oregano Tofu Rice Pilaf Sautéed Zucchini &amp; Tomatoes Pita Bread Tzatziki Sauce</p>	<p><b>28</b> Burrito Bowls with Ground Beef or Seitan Chorizo Refried Beans &amp; Arroz Roja Sour Cream &amp; Shredded Cheese Pico de Gallo &amp; Lettuce</p>	<p><b>29</b> Sweet &amp; Sour Chicken or Tofu Steamed White Rice Blanched Broccoli</p>	<p><b>30</b> Pizza with Cheese, Sausage, or Vegetables Kale Caesar Salad</p>

# HANDCUT FOODS