

# LUNCH

January 8 - 12  
Roycemore School

## MON

Beef Stroganoff  
Cremini Stroganoff  
Egg Noodles  
Sauteed Peas & Carrots  
Winter Fruit Salad

## TUES

Chicken Tinga Burrito  
Black Bean Burrito  
Mexican Rice  
Crudite with Ranch  
Orange Wedges

## WED

Italian Meatball Sub  
Baked Eggplant Marinara Sub  
Italian Peppers & Onions  
Sauteed Kale  
Sauteed Apple Slices

## THURS

Ferndale Turkey Coq au Vin  
Portobello au Vin  
Mashed Potatoes  
Garlic Green Beans  
Anjou Pears

## FRI

All Beef Hamburger  
Black Bean Burger  
Chipotle Sweet Potato Salad  
Roasted Cauliflower  
Pineapple Chunks



### FEATURED TECHNIQUE

#### Juice

Juicing is the process of extracting the natural liquids from plants, especially fruits and vegetables. Citrus fruits are usually malleable enough to juice the old fashioned way—by hand—but firmer produce requires the use of motorized equipment. We love to combine fresh juices for creative flavors like pineapple cilantro, strawberry basil, and ginger peach.

## HANDCUT FOODS

### CONTACT

**Fulton Becker**

roycemore@handcutfoods.com | 312-239-0381

[www.handcutfoods.com/portal](http://www.handcutfoods.com/portal)

Client Code: 1200

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

January 15 - 19  
Roycemore School

## MON

NO SERVICE

## TUES

Mongolian Beef  
Mongolian Tofu  
Sauteed Broccoli  
Steamed Brown Rice  
Fresh Cut Fruit Salad

## WED

Ham & Cheese Melt  
Portobello Melt  
Roasted Potato Wedges  
Roasted Zucchini  
Papayas with Tajin

## THURS

Pasta Primavera  
Garlic Bread  
Caesar Salad with Cherry Tomatoes  
Pineapple Chunks

## FRI

Chicken Tikka  
Tofu Tikka  
Village Salad  
Pita Bread  
Honeydew Wedges



### FEATURED MENU ITEM

#### Chicken Tikka

Tikka is a type of Indian food predominantly found in Punjabi cuisine. The word *tikka* simply means “bits or pieces.” Chicken tikka usually refers to small pieces of chicken that are marinated in yogurt and baked in a clay oven called a tandoor.

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# LUNCH

January 22 - 26  
Roycemore School

## MON

BBQ Pulled Pork Sandwich  
BBQ Portobello Sandwich  
Roasted Butternut Squash  
Macaroni Salad  
Winter Fruit Salad

## TUES

Chipotle-Lime Chicken Tacos  
Tofu Chorizo Tacos  
Fajita Peppers  
Refried Pinto Beans  
Banana Slices

## WED

Baked Rigatoni with Chicken Sausage  
Baked Rigatoni with Veggies  
Garlic Bread  
Sauteed Kale  
Vanilla Greek Yogurt with Granola

## THURS

Beef Vindaloo Meatballs  
Chickpea Vindaloo  
Spinach Saag  
Steamed Brown Rice  
Apple Wedges

## FRI

All Beef Vienna Hot Dogs  
Tofu Pups  
Sweet Potato Wedges  
Vinegar Cole Slaw  
Cantaloupe Wedges



### FEATURED INGREDIENT

#### Greek Yogurt

Yogurt is a food produced by the bacterial fermentation of milk. It is this fermentation process that gives yogurt its thick texture and its characteristic tanginess. Because it is made with milk, yogurt is a rich source of protein and of calcium, an important mineral for bone health. The bacteria that are used to ferment the milk into yogurt are also beneficial to the digestive system.

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# LUNCH

Jan 29 - Feb 2  
Roycemore School

## MON

Chicken Curry Fried Rice  
Tofu Curry Fried Rice  
Sauteed Bok Choy  
Fresh Cut Fruit Salad

## TUES

Herb Roasted Turkey Breast  
Herb Roasted Portobello  
Mashed Potatoes  
Garlic Green Beans  
Pineapple Chunks

## WED

Quinoa & Black Bean Chili  
Buttermilk Cornbread  
Crudite with Ranch  
Housemade Apple Rings

## THURS

Asian Turkey Meatballs  
White Bean Croquettes  
Brown Rice  
Roasted Zucchini  
Anjou Pears

## FRI

Italian Sub Sandwich  
Roasted Vegetable Sandwich  
Mediterranean Orzo Pasta Salad  
Butternut Squash  
Orange Wedges



### FEATURED MENU ITEM

#### Flan

Spanish *flan*, which goes by the name *crème caramel* in France, is a decadent custard dessert with soft caramel on top. Other countries have their own versions of flan, too: in Japan it's called *purin* (pudding); in Vietnam it's called *caramen*; and in Brazil it is called *pudim de leite condensado*. Each region has a slightly different recipe, occasionally including flavorings such as coconut, pumpkin, or coffee.

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