

LUNCH

Menu items subject to change based on availability. We always offer options for known dietary restrictions. An alternative hot meal, sandwiches, salad, soups, fruit, and beverages also served daily.

JANUARY 2019

■ CATHERINE COOK SCHOOL

Contact Ray, your on-site manager, at ccookschool@handcutfoods.com

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 HAPPY NEW YEAR!	2 NO SERVICE	3 NO SERVICE	4 NO SERVICE
7 Beef Barbacoa or Chorizo Seitan Stuffed Pepper White Rice Stewed Pinto Beans Cilantro Lime Corn Grapes	8 BBQ Chicken or Tofu Roasted Green Beans Tater Tots Ginger Molasses Cookies	9 Turkey or Veggie Tikka Meatballs Chana Masala Jasmine Rice Sautéed Apples with Caramel Sauce	10 Corned Beef or Lentil Stuffed Portobello Roasted Red Potatoes Roasted Carrots Bread Pudding with Blueberry Compote	11 Cheese Pizza Roasted Broccoli Chopped Salad Fruit Salad
14 Mojo Roasted Chicken Thighs or Tofu Stewed Black Beans Steamed Brown Rice Roasted Zucchini Orange Wedges	15 Baked Mac & Cheese Tricolored Cauliflower Kale Caesar Salad Cornmeal Lime Cookies	16 Beef or Tofu Bulgogi Jasmine Rice Broccoli & Carrots Pear Jam Bar	17 Turkey Meatloaf or Mushroom-Lentil Loaf Mashed Potatoes Roasted Brussels Sprouts Buttermilk Pound Cake with Whipped Cream	18 Meatball Sandwich or Veggie Fritter Sandwich Chopped Salad with Ranch Fruit Salad
21 NO SERVICE	22 Beef Stroganoff or Seitan Stroganoff Egg Noodles Garlic Green Beans Apple Wedges	23 Turkey Tacos or Lentil and Vegetable Tacos Refried Beans Elote Banana Oatmeal Cookies	24 Hawaiian-Style Baked Ham or Tofu Roasted Sweet Potatoes Tricolored Carrots Vanilla Pudding with Rye Crumbles	25 All-Beef Sliders or Black Bean Sliders Celery Sticks Tater Tots Fruit Salad
28 Teriyaki Chicken or Tofu Fried Rice Baby Bok Choy Honeydew Wedges	29 BBQ Pulled Pork or BBQ Seitan Stuffed Pepper Roasted Green Beans Corn Bread Shortbread Cookies	30 Herb-Roasted Chicken Bulgur & Lentil Stuffed Portobello Roasted Butternut Squash Roasted Red Potatoes Raspberry Gelee	31 Lasagna with Ground Beef or Lasagna with Italian Seitan Blanched Broccoli Garlic Bread Chocolate Zucchini Cake	1 Chicken Tenders or Tofu Tenders Cucumber Tomato Salad Pasta Salad Fruit Salad

HANDCUT FOODS