

## APRIL 2019

An alternative hot meal, sandwiches, salad, soups, fruit, and beverages 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 restrictions.

# LUNCH

 CATHERINE COOK SCHOOL

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

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Chicken Shawarma or Chickpea Shawarma Steamed Rice Cauliflower Naan Bread Pineapple Chunks	2	Spaghetti with Beef Bolognese or Veggie Bolognese Garlic Bread Roasted Broccoli Oatmeal Raisin Cookie	3	Turkey or Black Bean Tacos Green Beans Sautéed Apples with Whipped Cream	4	Beef Barbacoa or Spicy Tofu Rice Mixed Vegetables Cinnamon French Toast Cake	5	Chicken Tenders or Tofu Tenders Roasted Potatoes Carrots Fruit Salad
8	Beef & Snap Peas or Tofu & Snap Peas Steamed Rice Grapes	9	Sweet & Sour Chicken or Sweet & Sour Tofu Mashed Potatoes Asparagus Chocolate Chip Cookie	10	Pesto Turkey Breast Stuffed Peppers Quinoa Green Beans Vanilla Greek Yogurt with Granola	11	Italian Sausage with Peppers Pasta with Marinara Broccoli Baked Beans Lemon Cake Bar	12	Hot Dog or Tofu Dog French Fries Mixed Vegetables Fruit Salad
15	Turkey Meatloaf or Vegetarian Meatloaf Mashed Potatoes Garlic Bread Mixed Vegetables Orange Wedges	16	Honey-Baked Ham Baked Pinto Beans Sweet Potatoes Brussels Sprouts Snickerdoodle Cookie	17	BBQ Chicken or Tofu Rice Edamame Poached Apples with Whipped Cream	18	Turkey Ropa Vieja Mexican Tofu Potato Wedges Green Beans Banana Pudding	19	Hamburger or Black Bean Burger Curly Fries Broccoli Fruit Salad
22	Herb-Roasted Chicken Herb-Roasted Tofu Macaroni & Cheese Broccoli Honeydew	23	<b>BREAKFAST FOR LUNCH</b> Scrambled Eggs or Tofu Scramble Ham Biscuits Fresh Fruit	24	Beef Sloppy Joe or Vegetarian Sloppy Joe Mashed Potatoes Asparagus Roasted Apples with Cream	25	Cajun Turkey Breast or Tofu Roasted Cauliflower Sweet Potatoes Chocolate Zucchini Cake	26	Pasta with Beef Meatballs or Vegetarian "Meat"balls Marinara Sauce Tossed Salad Fruit Salad
29	Chicken Vindaloo or Chickpea-Lentil Vindaloo Jasmine Rice Carrots Naan Bread Watermelon	30	Turkey Nachos or Black Bean Nachos Corn Cowgirl Cookie	1	Beef Lasagna or Vegetable Lasagna Mixed Vegetables Garlic Bread Banana Cake	2	Braised Beef or BBQ Tofu Broccoli Orzo Pasta Salad Bread Pudding	3	Cheese Pizza or Pepperoni Pizza or Vegetable Pizza Green Beans Fruit Salad

# HANDCUT FOODS