

# HANDCUT FOODS

## LUNCH MENU

### MAIN MENU

#### MONDAY

Herb Roasted Chicken or Herb Roasted Tofu (S) w/Honey Mustard (on the side), Roasted Sweet Potatoes, Sweet Corn & Peas

#### TUESDAY

Steak Tacos or Plant-Based Lentil & Pepita Tacos (Contain Pumpkin Seeds) on Flour Tortillas (G,W) w/Roasted Zucchini, Mexican-Style Rice, Salsa Roja & Shredded Cheese (M) (on the side)

#### WEDNESDAY

Panko Chicken Tenders (E,G,W) or Panko Tofu Tenders (E,G,S,W) w/Sauteed Penne Pasta (G,W) & Roasted Carrots

#### THURSDAY

Chicken Shawarma or Falafel (Contains Chickpeas) with Lemon Rice, Roasted Cauliflower, Pita Bread (G,S,W) & Lemon Garlic Oil

#### FRIDAY

Hamburger or Veggie Burger (E, Bun: G,W) on Classic Bun\* (G,W) w/Roasted Red Potatoes, \*gluten-free bun (E) available  
Pickles & Vegetable Medley (E,M,S)  
Meal includes ketchup, mustard & mayo (E,S) extra

#### DAILY DESSERT

**MONDAY:** Banana Bread (E,G,M,S,W)

**TUESDAY** Gourmet Brownie (E,G,M,W,S)

**WEDNESDAY** Orange Cake Bar (G,M,S,W)

**THURSDAY** Granola Bar\* (G,M,S,W)

\*contains pepita seeds

**FRIDAY** Chocolate Zucchini Cake (E,G,S,W)

*Dessert is included with each meal. Dessert swaps are available daily: whole fruit or enjoy life products (free from gluten, wheat, peanuts, tree nuts, dairy, casein, soy, egg, sesame, sulfites, lupin, mustard, fish, shellfish or crustaceans)*

#### AVAILABLE EVERY DAY

*All sandwich/salad meals include vegan quinoa side salad, chips, whole fruit & daily dessert.*

**Daily Pizza Meal:** Pepperoni Pizza (G,M,P,W) or Cheese Pizza (G,M,W) with Roasted Broccoli

**Vegan Entree Salad of the Week:** Vegan Kale Quinoa Salad w/Herb Miso Dressing (S)

**Sunbutter or Sunbutter & Jelly Sandwich Meal**  
on Whole Wheat Baguette (G,W,SF)

**Turkey or Turkey & Cheese Sandwich Meal**  
on Whole Wheat Baguette (G/W,M)

### ALTERNATIVES

*Sandwich, Pasta & Entree Salad options rotate daily based on a weekly menu. Gluten-free sandwich options available.*

*\*Gluten-free sandwich options always contain egg*

#### MONDAY

**Sandwich of the Day:** Ham & Swiss Sandwich (G,M,P,W)

**Salad of the Day:** Southwest Chicken Salad w/Chipotle Lime Dressing (E,M,S)

**Pasta of the Day:** Chicken Sausage or Plant-Based Sausage (G,W,S) & Sweet Peppers w/Penne Marinara (G,W)

#### TUESDAY

**Sandwich of the Day:** Southwest Chicken Wrap (E,G,M,S,W)

**Salad of the Day:** Chopped Salad (G,M,P,W) w/Red Wine Vinaigrette

**Pasta of the Day:** Cavatappi Pasta (G,W) w/Beef or Plant-Based Ragu (G,W,S), Roasted Green Beans & Parmesan Cheese (M) (on the side)

#### WEDNESDAY

**Sandwich of the Day:** Roast Beef w/Cheddar Cheese (M), Pickled Red Onion, Horseradish Aioli (E,S) & Baby Arugula on a Kaiser Roll (G,W)

**Salad of the Day:** Cobb Salad (E,M) w/Red Wine Vinaigrette

**Pasta of the Day:** Cold Asian Noodle Salad w/Grilled Chicken or Roasted Tofu (S) Rice Noodles, Broccoli & Sunbutter Sauce (SF,S)

#### THURSDAY

**Sandwich of the Day:** Grilled Eggplant w/Sesame-Free Hummus (Contains Chickpeas), Feta (M) On Wheat Wrap (G,W)

**Salad of the Day:** Chicken Caesar Salad (G,M,W) Dressing Contains: E,M,S

**Pasta of the Day:** Baked Mac n' Cheese (G,M,W) w/Optional Bacon Panko Crisp Topping (G,P,W) & Edamame (S)

#### FRIDAY

**Sandwich of the Day:** Turkey w/ Cheddar Cheese (M) Green Leaf Lettuce, Red Onion & Pesto Mayo (E,S, Contains Pepita Seeds) on Flour Wrap (G,W)

**Salad of the Day:** Roasted Beet & Quinoa Salad w/Citrus Vinaigrette (M, SF)

**Pasta of the Day:** Pasta Primavera (G,W) w/Grilled Chicken or Roasted Tofu (S), Veggies, Garlic & Olive Oil

### \*Allergen Labeling Key: Egg, Gluten, Milk, Soy, SunFlower Seeds, Wheat

\*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. Kids' menus are free from fish, shellfish, pork and sesame.

Questions? Contact us at [handcutfoods.com](http://handcutfoods.com)